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## BCTV hosts candidates' night

**MELINA BOURDEAU**  
Staff writer

BELCHERTOWN – In preparation for the upcoming election, Belchertown Community Television hosted its first virtual candidates' night last week, which is available online to view.

Candidates from the two contested races – the Selectboard and School Committee – were in attendance to answer questions.

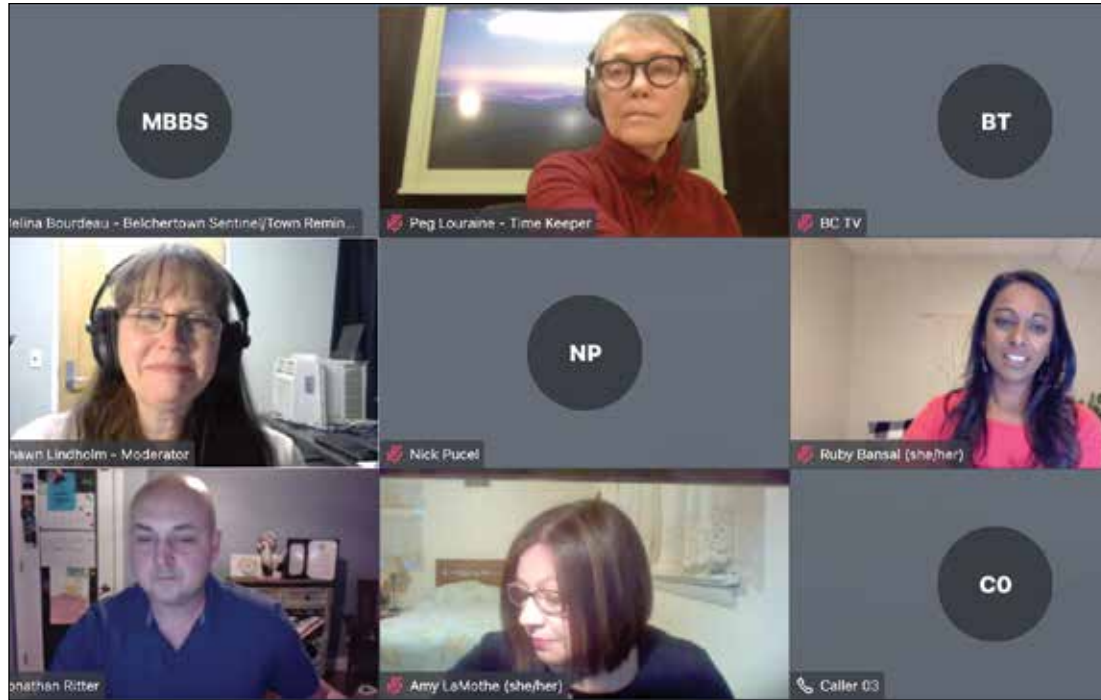
During the question and answer period, candidates and one minute to respond to each question in addition to a three minute opening and closing statement.

### Selectboard

There are two available seats on the Selectboard and three candidates running in this year's election – George "Archie" Archible, Ron Aponte and Nick Pucel. Archible was not in attendance at the candidates' night.

Aponte currently serves as chair of the Finance Committee and previously held a seat on the Selectboard for 18 years, four of which as chair.

Pucel has been in town since 2016, said he has experience based on his time at Umass Amherst and a recent project helping to establish small free food pantry throughout Belchertown.



COURTESY PHOTO

BCTV hosted a candidates' night last week, providing voters with insight about the candidates in the upcoming town election.

Pucel said he would like to be able to explore solar and its impact on the town and other ideas to combat climate change.

"I would also love to work toward being more carbon neutral businesses here in town, I think there are a lot of issues with carbon emission," he said. "(I would

like to) work with local businesses, environmental boards and agencies to make sure we keep our rivers clean, make sure we keep the air clean. It's important to keep in mind moving forward."

Aponte said he was on the Selectboard when Belchertown chose to become a green commu-

nity.

"With the green community there is a litany of characteristics the town has to adopt everything from use of solar, energy efficient lighting in schools and municipal

See **CANDIDATES**, page 10 •

### BELCHERTOWN

## Selectboard to interview Fire Chief finalist

**MELINA BOURDEAU**  
Staff writer

BELCHERTOWN – The fire chief screening committee has brought forward its recommendation of one finalist to the Selectboard on Monday evening.

In response to the recommendation the Selectboard scheduled a meeting this week to interview the candidate in public session.

The screening committee was composed of Belchertown Police Chief Chris Pronovost, Dept. of Public Works Director Steve Williams, Finance Committee Chair Ron Aponte, Jabish Brook Middle School Principal Thomas Ruscio, Ludlow Fire Chief Ryan Pease, School Committee Chair Heidi Gutenkenst, Belchertown firefighters Edward Fuller, Kevin Girard and Belchertown resident Matt Jackson.

See **FINALISTS**, page 4 •

## Earth Day celebrated by beautifying Belchertown



BELCHERTOWN – As part of an Earth Day event, Belchertown provided biodegradable trash bags to anyone wishing to collect curbside trash.

Local volunteers helped to collect trash on the sides of roads throughout town. As of Friday, April 23, the DPW distributed 610 green bags to 26 people and groups including the Boy Scouts and 4-H group.

All trash bags collected were brought to the Transfer Station for disposal by Friday, April 23.

### 100 CELEBRATED

## Belchertown's newest centenarian

### Christopher Heights hosts birthday party

**MELINA BOURDEAU**  
Staff writer

BELCHERTOWN – It's a good thing there were no candles on the cake, because Christopher Heights resident Ann Condon would have had 100 of them for her birthday on April 24.

Christopher Heights held a birthday party for Condon last Friday, complete with a cake, citations from the state and a golden 100 table decoration.

Local officials, Christopher Heights staff and Condon's family were in attendance along with residents.

Belchertown Selectboard Chair Gail Gramarossa presented a citation "wishing her the happiest birthday and the days and days to come."

Similar citations were extending from Gov. Charlie Baker and the Massachusetts state senate.

Christopher Heights hairdresser Mindy Slonka said she felt blessed to be able to be part of Condon's life.

"You have a good sense of humor," she said. "You have that look, you know what I'm talking about. It'll happen when I'm talking to her and she gives me a



PHOTO BY MELINA BOURDEAU

Son Mark Condon, 100-year-old Ann Condon and her daughter in law Mindy Condon met at Christopher Heights to celebrate Ann Condon's birthday last week

look and I know what she's thinking. She is a classy lady, always dressed up. You love your family and always speak highly of you son, Mark and your daughter in law."

She said Condon embodies the phrase "age is just a number."

Condon was born in Ludlow and worked in the mills there

as well as a buyer for Steiger's Department store.

She moved into Christopher Heights at the beginning of the pandemic in March 2020, and even beat a case of COVID-19, her family said.

See **CENTENARIAN**, page 5 •



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Turley Publications offers two types of obituaries.

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COMMUNITY

Belchertown numbers increase slightly

MELINA BOURDEAU  
Staff writer

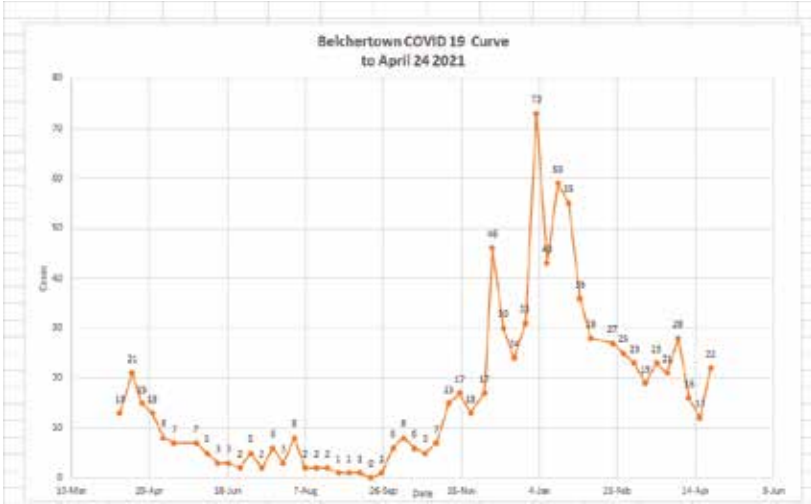
BELCHERTOWN – Belchertown remains in the yellow as COVID-19 cases have 22 new cases in the past weekly period, according to the Quabbin Health District.

From Sunday, April 18 to Saturday, April 24, there were 22 new cases of COVID-19, in the previous weekly period there were 16 new cases. The new total case count is 874 cases.

There were no new deaths caused by COVID-19 in the past two weekly periods, leaving the number of deaths at 16.

There have been 36,029 tests on Belchertown residents as of April 22, 1,041 were performed in this weekly period.

The town remains in the Massachusetts Department of Public Health’s yellow designation for the previous two week period of April 4 to April 17.



The case positivity rate and the rate per 100,000 are both lower than last week.

The current case positivity rate in Belchertown is 1.65%, last week it was 2.28%.

The current rate per 100,000 is 12, last week it was 18.2.

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Vote by mail in the upcoming election

STAFF REPORT

BELCHERTOWN – Governor Charlie Baker signed legislation extending the no excuse vote by mail until June 30, so the Belchertown Town Election on May 17 would qualify. The same system is in place as was in 2020.

A voter can request a ballot by mail by completing an application and returning it to our office. Applications may be found attached to the Drop box at Town Hall, on the Town Clerk’s webpage or if they call the office at 413-323-0281. Staff would be happy to mail them an application.

Once the Clerk’s office receive the

ballots, they will begin mailing them out and voters can use the drop box at Town Hall to drop off their voted ballots as well. The “Track my ballot” on the Secretary of State webpage will also be available so voters can track the progress of their ballot through the system the same way they could for the 2020 elections.

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Military tribute banners to hang this summer

BELCHERTOWN – The Belchertown Police Department announced the Military Tribute Banner program for 2021 is officially a go.

The display period will be from Memorial Day through Veteran’s Day. This program honors both military veterans and current activate duty members of the military. The full color, double sided patriotic banners are 24” by 48” and will feature the names and pictures of the honorees. These banners will be displayed throughout the center of town. After being displayed for the six month period, the banners will be provided to the sponsoring families as keepsakes.

For a cost of new \$175 sponsors will be able to upload pictures and names of individuals who have or who are currently serving in the military. The fee covers both the cost of the banners as well helping in

part to support local veteran’s services.

Drop off renewals will be \$50 and should be sent with a check and used banner by April 30.

Please follow the link below to get to the on-line form for submitting your Military Tribute Banner Sponsorship Order. Sponsorship payment may be made by check payable to: Town of Belchertown. Write “Banner Program” in the memo line. MAIL/DROP OFF: Belchertown PD - 70 State Street Belchertown, MA 01007

Go to <https://militarytributebanners.org/current-programs/massachusetts/belchertown-ma.html>

For more information about the program, please contact Lieutenant Kevin Pacunas or Detective Robert Mann at 413-323-6685 or email: [kevpacunas@belchertown.org](mailto:kevpacunas@belchertown.org) or [rmann@belchertown.org](mailto:rmann@belchertown.org).

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COMMUNITY

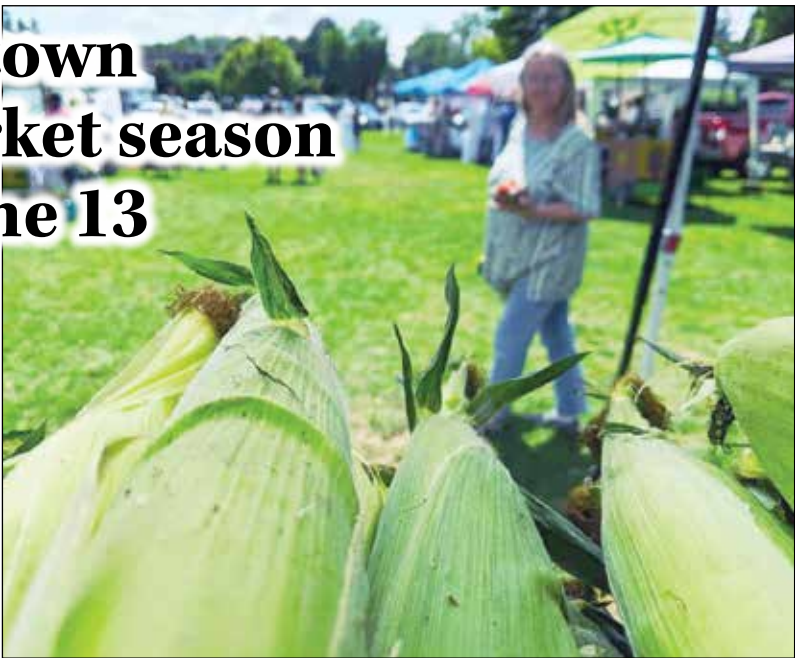
The Belchertown Farmers Market season begins on June 13

BELCHERTOWN – The 2021 Belchertown Farmers and Artisans Market Season will kick off Sunday, June 13 and will run every Sunday through Oct. 3 from 10 a.m. to 2 p.m.

The Market Board is busy organizing local farmers and vendors for its seasonal line-up, making every effort to have a great selection of food and crafts available. If your goal is to shop small and shop local, your local farmers market is a great place to start.

In June, some of the fresh local produce you will see at the market are things like lettuce, kale, radish, beets, rhubarb and strawberries. If you are looking for some ideas on how to cook and use fresh produce, check out the CISA webpage, [www.buylocal-food.org](http://www.buylocal-food.org), click on “Buy Local,” and then “Recipes and Cooking Tips.”

Many steps are being taken to ensure the safety of all vendors and attendees during this second season of COVID. Things like directional traffic, hand sanitation, and proper physical distancing will assure safe-



ty for all. Organizers are monitoring state and local government agency for safety protocols. Local farmers are certainly the “star of the show” when it comes to the market on the Belchertown Common – Austin’s, Phoenix Fruit Farm, Summit Farm, Kelley Organic Farm and more will be returning this year with food grown locally by your neighbors. Local maple syrup, soaps, cookies and bread will also be available. Plus local artisans will offer hand crafted

items made in our local area.

Be sure to follow Belchertown Farmers Market on Facebook and Instagram to get all the latest updates and get to know their amazing vendors and wonderful products.

Belchertown Farmers and Artisans Market, Inc. is a nonprofit organization which provides a unique venue for the public to purchase foods and other products directly from local producers in an enjoyable and friendly atmosphere.

Belchertown band to compete in Valley Showcase

VIRTUAL – Due to the COVID-19 Pandemic this will be the first event of 2021 and the resumption of Season 5 of The Valley Music Showcase.

This year’s event will be on Friday, May 28, from 7 p.m. to 10:45 p.m.

The Showcase is designed to show off the best original music talent in the Western and Central Massachusetts, Central CT and Southern VT areas. Produced by Mark Sherry it’s a “Mini-Music Festival” and juried live music competition. The Showcase is usually held every other month.

However this year this is the first (and only) event until 2021. At each Showcase 5 bands and/or solo or duos drawn from all musical genres are selected to grace the stage. They compete for about \$1,000 dollars of gift certificates and other prizes from various local sponsoring businesses. The Showcase event winners during the next year will also compete for the Grand Prizes that include free studio recording time at Northfire Studios in Amherst, custom website design and photo shoot with Cider House Media in Easthampton, recording a music video at Focus Springfield, a 12-hour music marketing consulting package, and many hundreds of dol-

lars in other prizes. Celebrity judges at the Showcases include well known musicians, elected officials (mayors, State Senators and Representatives) DJs, and other well-known business/community members.

This event will be filmed with no live audience at the beautiful Glendale Ridge Vineyards, in Southampton. All Bands will have their own stage and use only their own equipment. The filming production will be done by Holyoke Media.

The event is free and open to the public via Zoom Access. The link is: <https://us02web.zoom.us/j/89313620504>.

Also Available on Facebook Live at [www.facebook.com/valleymusicshowcase](http://www.facebook.com/valleymusicshowcase) and YouTube Live.

Each band will play a 30-minute set. There will be interviews with all the bands immediately following the Awards Ceremony.

The contestants this year are:

GoldFlame, a pop-punk/alternative rock, of Belchertown. A song link can be found at: <https://goldflame.bandcamp.com/>.

Gracie Day & The Phantom Limbs, a pop-rock band from Southbridge. A song link can be found at <https://gracie>

[ciedaymusic.bandcamp.com/album/the-nashville-sessions](https://ciedaymusic.bandcamp.com/album/the-nashville-sessions).

No Lens, a rock, reggae band, of Greenfield. A song link can be found at: [https://www.youtube.com/playlist?list=PLNmp-OKHsi\\_mLeqG3SN-RtDFqQtTGqJ43D](https://www.youtube.com/playlist?list=PLNmp-OKHsi_mLeqG3SN-RtDFqQtTGqJ43D)

Driving Wheel, a funk, soul of Western Massachusetts.

Johnny Cab, a psycho-punk rock band of Hartford, CT.

Song link can be found at: <https://johnnycab1.bandcamp.com/track/bone-jack>.

Guest Judges include Nicole LaChapelle, Easthampton Mayor; Mark Ramone, DJ WECS FM Willimantic, CT and New Music Alliance Radio Hour; Stevie Converse, WCCH Radio, Faculty Advisor and Sheryl Hunter, Music Writer Greenfield Recorder.

See <https://www.facebook.com/events/1056365164903180> for more information about the contestants and for links.

Produced by Mark Sherry & Sponsored by New Music Alliance, Holyoke Media, Cider House

See **SHOWCASE**, page 13 •

Belchertown Community Television schedule

BELCHERTOWN – This is the upcoming schedule for Thursday, April 29 to Wednesday, May 5.

Thursday, April 29

8 a.m. – Selectboard – April 26  
10 a.m. – Conservation Comm. – April 26  
12 p.m. – Planning Board – April 27  
6:30 p.m. – COVID Task Force – Channel 192  
7 p.m. – Selectboard – April 26  
9 p.m. – Conservation Comm. – April 26  
11 p.m. – Planning Board – April 27

Friday, April 30

8 a.m. – Conversation with Pakman  
9 a.m. – School Committee – April 27  
11 a.m. – Finance Committee/Selectboard – April 28  
7 p.m. – Conversation with Pakman  
8 p.m. – School Committee – April 27  
10 p.m. – Finance Committee/Selectboard – April 28

Saturday, May 1

8 a.m. – Curious Giraffe  
9 a.m. – Candidates’ Night 2021  
10:30 a.m. – COVID Task Force – April 29  
7 p.m. – Candidates’ Night 2021  
8:30 p.m. – COVID Task Force – April 29

Sunday, May 2

4:30 p.m. – St. Francis Roman Catholic Church  
6 p.m. – Christ Community Church  
7 p.m. – Hope United Methodist Church  
8:30 p.m. – Candidates’ Night 2021

Monday, May 3

8 a.m. – Conversation with Pakman  
5 p.m. – Conversation with Pakman  
6:30 p.m. – Selectboard – Channel 191  
7 p.m. – Board of Health – Channel 192

Tuesday, May 4

8 a.m. – Curious Giraffe

Wednesday, May 5

8 a.m. – Conversation with Pakman  
1 p.m. – Meditation with Lori – Journey Meditation  
7 p.m. – Conversation with Pakman  
8 p.m. – Candidates’ Night 2021

*The BCTV Studio is located at 68 State St., Belchertown. BCTV channels are 191, 192 and 193. The BCTV schedule is available at [www.Belchertown.org](http://www.Belchertown.org). On the main title page select “residents,” click on Belchertown Community Television. Selected BCTV shows are also available on Vimeo. Go to [www.Belchertown.org](http://www.Belchertown.org), go to quick links and click on “watch meetings and events online.” The schedule is subject to change.*

*The BCTV weather information system is broadcast on TV channel 193 and displays the current weather conditions at the BCTV station as well as, the current regional radar. This service operates 24 hours a day with audio provided by the National Weather Service from Albany New York, with forecasts, storm and emergency warnings for the Pioneer Valley.*

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This is more than a job; it is an opportunity to be of service to people in need. In addition to delivering the meals, the driver is an important daily contact for the elders.

If you would like to join the Home Delivered Meals team of drivers as a substitute, please call the Belchertown Select Board’s Office, at (413) 323-0403, for an application packet. Applications will be accepted until the position is filled.



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# Relay for Life: time to register!

BELCHERTOWN – Relay for Life of Quaboag Valley is gearing up for an awesome 2021 year.

The group is hoping to make a strong comeback after the pandemic curtailed last year's activities and fundraising. The event leadership team has been keeping a close eye on recovery from the pandemic and is planning to hold an in-person Relay on Aug. 6 and 7.

While the event will be shortened from previous years, the leadership team is optimistic about how great it will be to have everyone back at the Belchertown High School track, participating in the event. The planned "Bust a Move" dance theme should make it lots of fun.

Teams from previous years are encouraged to get their team registered and plan on being part of the August event. The group would also welcome new teams from the Belchertown area. If you are interested in making a difference in the lives of those with cancer by participating in the Relay for Life event, think about putting a team together.

Teams can be made up of family members, co-workers, civic organizations, school groups or just a group of friends. If someone would like to participate but is unable to start a new team, there are many existing ones that would welcome new members. Teams and individual participants can register at <http://relayforlife.org/quaboagvalley.ma>.

Relay for Life is a signature event



COURTESY PHOTO

Members of the Relay for Life event leadership team gathered last year to bring a mostly virtual Relay for Life event to all the teams.

of the American Cancer Society. All funds raised go to ACS to support cancer patients and cancer research. Relay for Life events are a great way to raise awareness and support survivors and their families within the local community.

Questions about our local event can be directed to the event chairperson, Brian Meehan at [bmeehan@belchertownps.org](mailto:bmeehan@belchertownps.org).

On Monday, May 3 the group will hold their first monthly team meeting via Zoom at 6 p.m. Team members will be automatically invited to those meetings once they are registered. The meetings are a great source of information. It is hoped that many members of the community will rally round and team up with Relay for Life to make a difference in the fight against cancer.

#### FINALISTS • from page 1

Aponte presented the committee's findings to the board, adding that the finalist received unanimous support.

"To give you a little bit of background about how we approached this, we received 13 applications, 12 on time and one received late. Our first action as a committee was to vote unanimously not to look at the 13th or late application," he said. "We looked at those 12 applications. We debated the merits of each of the and based on the deliberation we chose to interview six individuals. Those six were interviewed over a couple nights."

He said the interviews included the same questions which were submitted by committee members. Aside from variations from follow up questions, the interviews were consistent.

"Once we had the interview with the six, we then deliberated based on

the interviews and received qualifications and the experience. We voted upon the candidates who we would recommend to you, the Selectboard," Aponte said.

He said the group felt any candidate would have to be able to start the next day after being approved by the Selectboard.

He said the group chose one candidate as the finalist but debated over a second.

"Only one of the applicants received a majority vote from the search committee to pass forward to the Selectboard," he said.

The finalist received unanimous support from the committee while the second received a four in favor and five opposed vote.

Selectboard member Nick O'Connor asked if the committee had significant concerns about the second candidate.

"What it came down to was the one particular candidate we're going to recommend has a tremendous amount of experience not only as a firefighter, command experience, EMS command experience, but experience with a call department which I think everyone agrees is very important for the town of Belchertown," Aponte said.

Selectboard member Jim Barry said he was surprised the second candidate didn't receive a majority vote.

"I suspect the next step would be for us to interview the candidate before a final decision. We need to do our due diligence and process in the public arena," Barry said.

Current Fire Chief Ed Bock will retire on May 20 and the board hopes to be able to have some time overlapping with the new chief.

Town Administrator Gary Brougham said he had an opportunity to meet with the candidates as well as the committee.

"I know every individual who was on the committee and they had their bases covered and after having had the opportunity to speak to all six of the candidates that were interviewed, I would agree with the committee that the person they will identify is the person who will jump right in and take over," Brougham said.

Based on the availability of the board, the interview will be scheduled on Thursday or Friday this week. The finalist's name was not announced in the meeting, but will be announced when the meeting agenda is posted on the town's website.

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(Left to right) Jane Lefferts, Barbara Cole, Connie Potter, Ann Condon, Nellie Waterman, Elsworth Baller and Cindy Cobleigh met for Condon's 100th birthday party celebration at Christopher Heights last week.

CENTENARRIAN • from page 1

Condon's son Mark Condon also spoke about his mother. "My mom is a great supporter, except if I did something stupid – then I would get that 'look.' She never stops caring and leading by example – you never stop being a parent," he said. "I can think of common denominators – a glass of wine or two and a great attitude."

He thanked the people at Christopher Heights for making the birthday party possible. "Thank you all for being here, thank you for the kindness being here to honor my mom," he said. "Thank you for staff you care and provide genuine care to people, to my mom, you can't fake that empathy." When asked what her advise was for living a long life Condon said, "Agree with everyone, even if they're wrong or you can't stand them."

Everyone is human and if that's how they feel, that's how they feel," she said. "Be nice to everyone regardless of their color or creed, whether or not their religious or not. Practice forgiveness." She said she wanted to thank everyone for helping her to celebrate her 100th birthday. "Thank you. There were so many people, I appreciate everyone and everyone's company," she said.

Marketing Director of Christopher Heights Lorna Stone provided people with insight about some facts from 1921, when resident Ann Condon was born.



Belchertown Selectboard Chair Gail Gramarossa presented Ann Condon with a citation from the town.

GRANBY

Town of Granby Clerk reminders

GRANBY – Are you a registered voter? If you are not a registered voter Tuesday, April 27, is the last day to register to vote to be eligible to participate in the Annual Town Election on May 17. You may register on-line at the following sites [www.granby-ma.gov](http://www.granby-ma.gov) or [www.sec.state.ma.us](http://www.sec.state.ma.us) and you can also make an appointment with the Town Clerk. Please consider early voting by mail applications can be downloaded on our website last day to file for a mail in ballot is Tuesday, May 11. Dog licenses: All residents who licensed their dogs through the Town Census should have received their dog tags. If you did not receive your dog tag call the clerk's office. For residents who have not licensed their dogs: March and April are the months to license. The cost is \$6 for spayed/neutered, puppies and senior dogs over the age of 10 years, all others the cost is \$15, to avoid a \$25 late charge fee dogs should be licensed by May 1. The town offices are still closed due to the coronavirus, however if you wish to license in person appointments can be made by calling the Clerk's office. If you choose to mail or use the drop box please include a copy of the rabies vaccination or call the clerk's office for verification, include a self-addressed envelope with Two stamps, a check made payable to the Town of Granby, and mail to Town Clerk, 215 B West State St., Granby. Any questions or concerns can be directed to Kathy Kelly-Regan at the Granby Town Hall, 467-7178.

Girl Scouts offer free 'Intro to Outdoor Skills' event for Belchertown

BELCHERTOWN – Girl Scouts of Central & Western Massachusetts invites girls and their guardian to an Intro to Outdoor Skills event for girls in Pre-K and Kindergarten who are not yet Girl Scout members. The event will occur on Monday, May 3, 6 to 7 p.m., on the Belchertown Commons. Girls will earn their first Girl Scout patch while learning basic hiking and trail safety skills. Sign up is at <http://bit.ly/GSoutdoor>. Space is limited. All COVID safety precautions will be followed. This is an outdoor event, dress accordingly. RSVP and register at: <http://bit.ly/GSoutdoor> For more information contact GSCWM Recruitment Manager Tammy Gilpatrick at [tgillpatrick@gscwm.org](mailto:tgillpatrick@gscwm.org) or 508-749-3639.

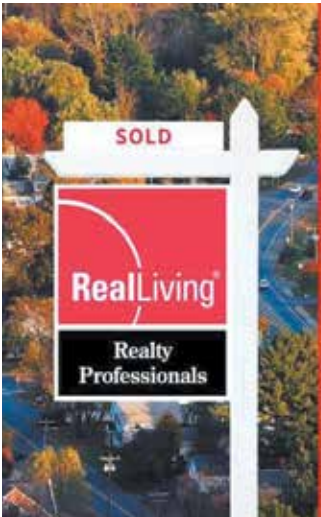


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OPINION

SOCIAL SECURITY MATTERS

Can I claim my Social Security now, then switch to spouse benefits?

RUSSELL GLOOR  
Guest columnist

**Dear Rusty:** I am 62 and have been a homemaker for much of my adult life. I have a small Social Security account from working years ago. My husband is older, has been the major wage earner and will have a good amount in Social Security when he claims. I have been told that I should claim my Social Security now. It's a small amount, about \$475 per month if I claim it now, and \$550 after I'm age 66, so it's not a life changing difference. But if I claim mine now, when my husband reaches his full retirement age can I switch to claiming spousal benefits on his account? I understand I would no longer get mine, but I'm pretty sure my benefit from him will be a much larger amount. *Signed: Inquiring Homemaker*

**Dear Inquiring Homemaker:** The simple answer to your question is: yes, if you claim your own small benefit now you can later switch to a higher spouse benefit from your husband when he claims his Social Security. But there are always consequences for claiming Social Security benefits early. The maximum spousal benefit you can get from your husband is 50% of the benefit amount he is entitled to at his own full retirement age. But you only get that full 50% if you delay claiming your own Social Security until you reach your own FRA.

That doesn't mean you can't claim your own reduced benefit early, but it means that when you later get your spousal benefit, it will be less than 50% of your husband's FRA benefit amount. And here's why: Your spouse benefit, when you receive it, will consist of your own earned benefit plus a spousal boost to bring you to your spousal entitlement. Your spousal boost will be the difference between your FRA benefit amount (regardless of when you claim) and half of your husband's FRA benefit amount, and it will be reduced if you haven't yet reached your FRA when your husband claims. That reduced spousal boost will be added to your own actual benefit (reduced if you claim at 62), which will yield a spouse benefit less than 50% of your husband's FRA benefit. Said another way, when your husband claims at his FRA, you'll get a reduced spousal boost added to your own already reduced age 62 Social Security retirement benefit. I can't put this into dollar terms for you without knowing your husband's FRA benefit amount.

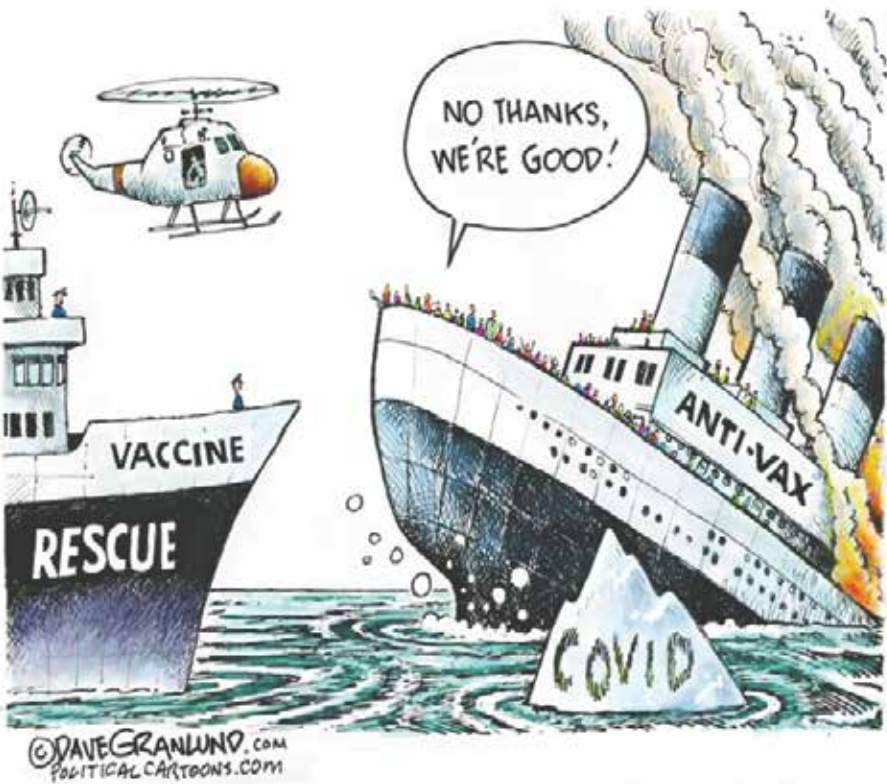
FYI, if your age 62 benefit amount is \$475 then your personal benefit amount at your FRA should be about \$670. Essentially, the longer you wait to claim your own Social Security, the more your spousal benefit will be because the spousal boost will be added to the benefit you're already receiving. Your spousal benefit reaches maximum (which is 50% of your husband's FRA amount) at your FRA but remember that your husband must be collecting his Social Security for you to claim a spouse benefit.

So, here's the bottom line: you can claim your own Social Security at age 62, but the benefit amount you get will be reduced by 29%. If your husband claims at his FRA, you will get a spousal boost at that time, but the amount of the spousal boost will be reduced because you will not have reached your FRA at that time. The only way you will get the full 50% of your husband's FRA benefit amount is by waiting until your own FRA to claim Social Security. However, since your spousal benefit will be the highest amount available to you, waiting and claiming yours at the same time your husband claims his, would also be a prudent strategy to lessen the "penalty" for claiming your benefits early.

One final caution: Any time Social Security benefits are claimed early (before FRA) there is an "earnings test" which limits how much can be earned from working before Social Security takes back some benefits. Please keep this in mind if you should decide to go back to work at any time before you reach your full retirement age.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association. NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email ssadviser@amacfoundation.org.

*Russell Gloor is a Social Security advisor for AMAC.*



LETTERS

Support for Ruby Bansal

I write to express my unquestionable support for Ruby Bansal for Belchertown School Committee. This past year has tested us in so many ways, but few have had to make decisions that would affect the lives of every student, educator and their families in our town. How do we maintain a high level of teaching and learning safely during the pandemic? What about vulnerable staff? How do we address racial discrimination and inequities for students in our schools? What about students with special needs or families without adequate food or internet? Debates around schools always carry heavy emotions; however, nothing could match the intensity that school committee members faced in 2020-2021. Through it all, Ruby Bansal showed us who she is: a level-headed, dedicated, caring professional committed to asking questions, building trust, and working collaboratively to guide the district through unthinkable circumstances.

Five years ago, I sat next to Ruby during

one of multiple contentious school committee meetings. I was a teacher troubled by inequitable changes to working conditions and the undermining of teacher autonomy. Ruby was a parent concerned about a protracted and unclear budget and planning process. From our first conversation, Ruby struck me as a serious and thoughtful advocate for our schools. Ruby has proven this persistently during her three years of service: in the last round of successful union negotiations, on the hiring committee for the new superintendent, through passing successful budgets, and in her work on the district strategic plan. Ruby always makes it clear that every stakeholder voice must be solicited and valued, and I have watched her carefully consider all viewpoints. She is an exemplary school committee member, and I urge you to re-elect Ruby Bansal for Belchertown School Committee on May 17.

Cara Lapenas

Vote for Ruby

Ruby Bansal and her family are active members in our Belchertown 4-H Community Garden Club. This is a place where you learn about a person's integrity and commitment to our children. As a retired teacher with grandchildren in our school system, these qualities are important to me.

I first met Ruby and her family when her daughter was in my Kindergarten class a number of years ago where Ruby presented herself as a caring, concerned, well educated person, always willing to assist in classroom and school wide projects, offering her help, as well as working in advisory positions.

Throughout her first term as a member of the Belchertown School Committee, Ruby has devoted an enormous amount of time into helping to ensure that the children in our school system are receiving the educational opportunities necessary to provide for future successes. As an active volunteer on the Strategic Planning Committee,

Ruby Basal has the history necessary to bring past information to the Board when our district's Five Year Strategic Plan is under discussion. Having served as a member on that committee, I am well aware of the time and dedication invested.

With the unprecedented challenges faced by our schools this year through the Pandemic, Ruby has strongly advocated for Belchertown to participate in the pooled testing program as another mitigating strategy to safely bring students, educators, and other staff back into the buildings.

A most crucial element to success is that Ruby has built strong and trusting relationships with the administration, district employees and fellow committee members helping to enable the board in "getting things done". Please join me in voting for Ruby Bansal for another term on our School Committee.

Sincerely,

Louise M. Butler

*Voice*

YOUR VIEW!

What are your thoughts on issues in town? Voice your view!

Write to us in Letter to the Editor format and we'll print your opinion on our Op/Ed page.

Email it to [sentinel@turley.com](mailto:sentinel@turley.com). Include your hometown and a phone number at which we can reach you for confirmation.

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Belchertown, Granby & Amherst  
**SENTINEL**  
YOUR HOMETOWN NEWSPAPER SINCE 1843

The *Sentinel* is published every Thursday by Turley Publications, Inc., 24 Water St., Palmer, Mass. 01069. Telephone (413) 283-8393, Fax (413) 289-1977.

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# Q AND A

## SELECTBOARD

### Nick Pucel

My name is Nick Pucel, and I'm running for the Select Board opening for 2021. I'm married to my wife Courtney, and we have two daughters together – Elliot (age 2) and Declyn (almost 1 month old).



**Why are you running for the Selectboard?**

I am running for this position because I believe that through being a more active member of our community, I can make a positive and lasting impact on our community. For those who don't know me yet, my primary objective is to do my part to serve on the Select Board with an open mind and by voting with my heart. I genuinely want to help as many people as I can achieve greatness and live their best lives.

As a financial advisor, I work with complex financial situations for hundreds of families and businesses across the valley. I believe that my skills gained from working with compassion for so many clients from different walks of life; each with varying goals for their lifestyles and legacies, will translate well towards tackling the myriad challenges that our town has to overcome from fiscal, ethical and equitable standpoints.

**What is the biggest challenge the board/committee is facing? How will you address it?**

The biggest challenge that the board is currently facing would be the recovery from the continuing pandemic. It is a global issue that resonates all the way down to our town as well. My goal is to work closely with our finance committee and all our town departments to properly navigate these tricky financial times and to keep our town's budget stable and sustainable. There will likely be difficult decisions down the line to do this, but we have to be cognoscente of not only the current financial needs of our town today – but also the future needs of our town and our ability to keep up with the rising costs of living.

**Discuss your commitment to transparency and openness in Belchertown municipal government. Do you have suggestions for improving either?**

Openness and transparency in local governance is incredibly important. From my point of view, there is a lot of transparency right now as every meeting is being recorded and uploaded for on-demand viewing, so you don't have to be physically present to see what is going on. There is, however, a need for increased communication and outreach from the governing body of Belchertown in my opinion. Having a more easily accessible and navigable website and also having a little more of a social media presence will likely improve attendance and awareness of the town happenings and meetings.

**Do you feel Belchertown is doing enough to foster racial/social equity? How would you do so if elected?**

For the subject of racial/social equity: I haven't personally seen any overt examples of injustice in town recently, but just because I haven't been experiencing injustices doesn't mean they don't exist. Microaggressions happen day to day and can be just as damaging, especially since they are often invisible to those not personally experiencing them. My goal as a member of the Select Board would be to do my absolute best to foster a community that is welcoming to all; no matter their appearance, belief, lifestyle or abilities. Everyone should be given the opportunity to be as successful as possible, and it shouldn't hinge on anything besides their drive and commitment to their goals. I'd like to work with the various local grassroots groups committed to ethics and justice to both continue my education and understanding of the subject and be able to vote on them responsibly.

**With budget season coming in Belchertown, how do you intend to tackle areas that may be struggling with potential deficits?**

As aforementioned: we're going to need to work together both as a governing body and a community to get through the financial ramifications of the pandemic. I'm looking forward to the challenge, but I am certain there will be some difficult decisions to make – we just have to be ethical and fair with them.

\*\*\*

## SELECTBOARD

### Ron Aponte

My name is Ron Aponte and I'm campaigning for a position on the Belchertown Selectboard.

I've been actively involved with Belchertown government almost immediately after I moved here 28 years ago. I have served as a Selectman for 18 years and a Finance Committee member for over eight years. I would like to continue to lend my skills, experience and passion to the town to make Belchertown the best place in which to raise your family.

**Why are you running for the Selectboard?**

I'm running for a position on the Selectboard because I'm qualified, I'm experienced and I have a proven track record of success. I want to use these qualities to continue to strengthen Belchertown's reputation as a well-managed community that is family friendly and open for business. As Belchertown emerges from the challenges the COVID-19 pandemic presented, it will need strong, steady and experienced leaders to navigate an uncharted path forward. I believe that I am one of those leaders as I have led 26 annual budgets, worked tirelessly with Belchertown's employees, officials, boards, committees and legislative teams on countless projects and initiatives that have helped make Belchertown what it is today.

**What is the biggest challenge the board/committee is facing? How will you address it?**

Belchertown's most significant challenge is how to preserve our first-class programs and services without overburdening the town's taxpayers. The best way to accomplish this task is to increase the town's business tax-base and to continue to run the town in an efficient, business-like and cost-effective manner.

The remediation of the former State School land and the development of the Christopher Heights of Belchertown assisted living facility are the fruition of a several year effort to repurpose this hidden gem in Belchertown. With past and current projects improving the infrastructure surrounding this area, we positioned the former State School parcel as an attractive and marketable business district that will attract businesses and alleviate the tax burden on the taxpayers.

**Discuss your commitment to transparency and openness in Belchertown municipal government. Do you have suggestions for improving either?**

I believe that transparency in municipal government is very important. It is for this reason that I'm proud to have BCTV broadcast and/or re-broadcast many town boards' and committees' meeting. I'm also a strong proponent of cooperating with our local press. To augment openness, all meeting minutes are available on the town website and all meetings are posted and open to the public. I support transparency and openness because our Town Meeting form of government can only thrive if there is an involved and informed citizenry. In fact, to augment openness in town



government, I will propose to my fellow Selectboard members that we include an additional "Public Comments" agenda item to all Selectboard meetings.

**Do you feel Belchertown is doing enough to foster racial/social equity? How would you do so if elected?**

I am a strong proponent of the tenants of Dr. Martin Luther King's famous "I Have a Dream" speech where he dreams that one day his children will be judged not by the color of their skin but by the content of their character. I can assure you that during my long tenure in town government, I have never known of any decision that was motivated by racial bias and/or prejudice. Furthermore, I can assure you that if I discover that a decision has been made based upon race, gender, sexual orientation, religious and/or political beliefs, I will insist upon a full investigation of the situation. If it was determined that such a decision was based upon one or more of these factors, full disciplinary actions will be immediately imposed.

**With budget season coming in Belchertown, how do you intend to tackle areas that may be struggling with potential deficits?**

Obviously, Belchertown, like everyone else, has to live within its means. To accomplish this, difficult decisions need to be made and meritorious projects and programs sometimes are not fully funded. This is exactly where the town's FY22 budget currently stands. However, by working together, town officials, the Finance Committee, the Selectboard and the School committee are committed to presenting a fair and balanced budget to Town Meeting in June. During the FY22 budget process, I have proposed utilizing a small portion of the federal Stimulus Funds to help offset the impact of potentially devastating cuts to both school and town government budgets.

\*\*\*

## PLANNING BOARD

### Daniel R. Beaudette

I have been in town for over 30 years and participated on a number of boards, commissions and committees, so many already know me. For others, I was educated in biology and agriculture at Cornell, evenings at WNEC law school (licensed), served Army Reserves, was loan officer/community development specialist for the USDA for 40 years, now a retired federal employee.

**Why are you running for this position? If you are seeking reelection what qualifies you to continue in this role?**

I am presently on the Planning Board and asking for your vote to return for another term. In addition to having standing experience on the board, I have taken advantage of the training available through the Citizens Planning Training Collaborative, state and numerous other land use venues, to stay current with the many changes occurring. My legal education included land use and I have furthered it over the years. In my federal employment, I helped communities finance public utilities, public safety, day-care, and senior, and other community service facilities. I understand the pressures on small town government to supply and finance public services.

**What is the biggest challenge the board/committee is facing? How will you address it?**

Numerous, but I believe the biggest is the further development of housing. There has been growth in housing in the past, but it receded with the bursting of the housing bubble in 2008. The housing market is becoming active again and developers are looking for land to build. Consider the price of houses not just here but the region and the state. We are on the cusp of a new surge of development. This will almost exclusively be single family homes. Town services will be impacted as this type of development does not cover town service costs. The town budget will be further stretched. Open space, farmland and forests will be converted. The town has and will build thousands more septic systems

and individual wells without thought of the public utility costs when these systems become unsustainable. The Planning Board needs to revamp its subdivision regulations to control growth and seek alternative housing opportunities. Second, our community has been roiled by the plans to build large solar fields. This will only continue as the federal and state governments prioritize new facilities to meet mandates to be carbon neutral in our lifetimes. The board needs to revamp its solar bylaws, once again, to find a balance between the public needs and open space, farmland and forests.

**Discuss your commitment to transparency and openness in Belchertown/Granby municipal government. Do you suggestions for improving either?**

I believe in the Open Meeting law and have always pursued the availability of information to applicants and the public. It is important that boards follow town bylaws, state statutes and regulations, the rulings of our trial courts and be able to explain determinations in clear and logical reasoning. I also volunteer with BCTV to video public meetings so people have access to town government. Not all meetings get covered, BCTV could use some more volunteers.

**Do you feel the town is doing enough to foster racial/social equity? How would you do so, if elected?**

As above, the main form of housing development in town is the single family house. The State requires towns to maintain 10% of their housing stock in affordable housing; Belchertown is 6% (and shrinking). Low and moderate income families are being precluded from moving and living here because they can't afford to. This trend is being called 'inequity' and is the subject of zoning changes in many of the towns around us. Belchertown needs to address this or it will become even more inequitable. I want the Board to support alternative housing opportunities.

\*\*\*

## TOWN CLERK

### Theresa Camerlin

I am Theresa Camerlin and am running for Town Clerk in Belchertown. I began working for the Town in 1998 as the Administrative Secretary to the Fire Chief and continued until 2015.

In 2015 I was hired as the Asst. Town Clerk, where I serve today. During my 22 years as a town employee, I also volunteered at the Clapp Memorial Library and am a current officer of the Friends of Clapp Memorial Library. When my children began kindergarten, I volunteered in their classroom with Mrs. K and subsequently stayed helping in the kindergarten class until my kids were well into high school! Who does not love kindergarten? In addition, I have volunteered as a leader in the Girl Scouts, a coach for third grade soccer and volunteered with the Belchertown Firefighters Association and Belchertown Animal Relief Committee.

**Why am I running for this position?**

Having been Asst. Town Clerk for the past five and half years, I have had the opportunity to learn all aspects of the office of the Town Clerk and am ready to continue to serve the town. With the training from our current Town Clerk, I feel very confident in my ability to hold the position of Town Clerk and ensure a smooth transition. I enjoy working with the public and will be honored to serve. Whether providing vital records, registering businesses, licensing dogs, helping with genealogy or answering the many questions revolving





# Q AND A

**Q AND A** • from page 7

around voter registration and elections, my office will always be ready to help.

**Discuss your commitment to transparency and openness in municipal government and suggestions for improvements.**

Transparency and openness are crucial to all government agencies. As Town Clerk, I would be responsible for the record-keeping of town records and am dedicated to ensuring the transparency of municipal government documents entrusted to my care, as required by State Law and the By-laws of Belchertown. In my experience, Belchertown works very hard at being transparent. We do need to work harder to educate the residents on how local government works and hopefully encourage more to get involved with Town Committees and to feel comfortable to call with any questions.

**Do you feel the town is doing enough to foster racial/social equity?**

While I do not feel the town is doing enough to foster racial/social equity, I do understand the complexity of the issue. With every decision, racial and social equity needs to be included. It is a real challenge and the only way to truly make change is to be sure to have it in the forefront daily. Change does not happen quickly; it happens one person at a time and we all need to work together and be aware of the impacts of the decisions made by the town. When we have 80% voter turnout for Presidential elections but less than 10% turnout for Town elections and Town meetings, I see that as an issue for my office to work on, to ensure everyone has a voice in the decisions locally, as well as nationally. By voting locally, you play a part in the future of your town.

\*\*\*

## SCHOOL COMMITTEE

Amy LaMothe

Hello fellow Belchertown residents, I am Dr. Amy LaMothe and I am very excited to be a candidate for our School Committee. I am an Associate Professor of Pharmacy Practice at MCPHS



University, I work per diem in the inpatient pharmacy at Baystate, and enjoy raising my energetic and sassy kindergartner with my husband here in our amazing town.

**Why are you running for this position?**

I am very passionate about the continued success of our public school system. I grew up in a town with very few resources, but very dedicated teachers. The key to the success of every student is keeping them interested in learning and motivated to achieve their own personal goals. I believe that every student deserves a welcoming, supportive learning environment. I bring a unique perspective to the school committee - teaching experience in graduate school coupled with a thorough understanding of healthcare research and education. This past year has shown us how important public health and medical knowledge can be when discussing best practices for our schools and students. We've done a great job starting to get all children back into school full time, but much work still lies ahead. I would like to bring my medical knowledge to the committee and assist with the continued safe transition. I believe it is important to foster compassion, respect, and kindness in our students, so that they will go on to become competent and caring members of our community.

**What is the biggest challenge the board/committee is facing? How will you address it?**

The biggest challenge for the school

committee is to address the potential mental health toll that this past year has taken on our students. We need to focus not only on how well students did academically, but how they are doing personally in terms of peer relationships, teacher relationships, and a more general sense of their own mental health. Our faculty and staff should attend evidence-based programming on how this can be approached in the classroom setting. We need to define steps to take if a teacher recognizes significant mental health issues in their students and how to help them get appropriate, directed assistance to talk about it. We need to increase the number of counselors available, and ensure we use them. Professional development training sessions for faculty and staff would help facilitate meaningful discussions with students in the classroom.

**Discuss your commitment to transparency and openness in Belchertown/Granby municipal government. Do you have suggestions for improving either?**

The School Committee should provide a place where all parents are welcome to voice any concerns or questions about the curriculum, financials, and other school business. Switching to virtual meetings was necessary last year, but this allowed for higher participation from the community. Going forward, even if in person meetings resume, I believe we should maintain the virtual component as well, so parents can attend meetings from home and remain involved.

**Do you feel the town is doing enough to foster racial/social equity? How would you do so, if elected?**

The town has begun the process of examining the current environment of racial disparities, but we are just at the beginning. A thorough review of the curriculum is needed to potentially remove inappropriate content that reinforces and/or endorses racism, as well as to add new racially and socially conscious topics. We must listen to the students - what have their experiences been, and what ideas do they have to combat racial and social inequity? Finally, we need to reevaluate discipline, moving away from punitive consequences and implement the restorative justice approach. In this approach, rather than being punished for their actions with in-school suspensions, students must think of and implement ways to repair the damage that they have caused by their actions.

**What are the school's capital needs? What should the School Committee be doing in the next three years to address them?**

The school's capital needs focus on the restoration and improvement of our school structures, and currently the most need comes from Jabish Brook Middle School. It's important to keep our schools safe and updated to provide a healthy learning environment for our students. The town has a five-year Capital Budget Plan, and over the next three years we will need to re-examine the plan to make sure that we focus on the most pressing issues, especially securing support from all stakeholders to rebuild Jabish Brook.

\*\*\*

## SCHOOL COMMITTEE

Jonathan Ritter

My name is Jonathan W. Ritter, I grew up in Belchertown and now married with two children in the Belchertown Public School district (kindergarten and third grade). I am a retired Air Force Veteran who is now a stay-at-home father who has the time, energy and passion for serving our community as a school committee board member.



**Why are you running for this position?**

I have decided to run for School Committee for a variety of reasons. First, we have been a part of the struggles of special education and IEPs and feel that this process needs more attention and transparency. There is a need to establish a better collaboration between parents and the school district. Secondly, in my military career I was tasked to create large scale exercises and strategic plans. I enjoyed that aspect of my career and feel that I could bring this expertise to current and future planning for the Belchertown School District. In addition to strategic planning, I was responsible for planning and executing fiscal year budgets for my assigned unit. I'm also well versed in the auditing and trending aspect of finances. Finally, since I am retired, I have the time, and energy, to dedicate to the school committee initiatives and subcommittees.

**What are the biggest challenge the board/committee is facing? How will you address it?**

We all recognize that COVID was an unbelievable challenge for the school district-juggling multiple changing recommendations from the state and CDC.

The biggest challenge ahead now is establishing and navigating new norms while fostering the best learning environment possible for our children. The process of getting our students back on track, while balancing important social emotional needs will be complex. Tackling this challenge will be multifaceted and there will be a need for planning and action. As a committee, we will need to continuously assess and reassess the needs and challenges of students and our teachers. Establishing a new learning environment will require an intricate balance between differing necessities of students and teachers. Creatively thinking and remaining open to change along with transparency are key as we continue to navigate these unprecedented times.

**Discuss your commitment to transparency and openness in Belchertown municipal government. Do you have suggestions for improving either?**

I fully commit to being open and transparent, while also obeying the rules set forth by the Massachusetts Open Meeting Law. I would consider more time at the end of meetings to answer and hear questions and concerns of our Belchertown residents. Opportunities for increased open communication and transparency will create a better sense of trust and will have a greater positive impact on our children.

**Do you feel the town is doing enough to foster racial/social equity? How would you do so, if elected?**

The school district has implemented some great programs. However, there are always opportunities to foster, and improve, racial/social equity within our district. We need to continuously monitor our progress. Through surveys to evaluate how well racial/social equity is being perceived by the teacher, staff and student level is one way in which I would monitor our progress. Our goal should be to recognize disparities and inequities, and have the strength and courage to speak up and out. Recognizing that we have opportunities to improve racial and social equity in our schools I believe we can make improvements for our children.

**What are the school's capital needs? What should the School Committee be doing in the next three years to address them?**

We need to invest in our students, teachers and staff. Modernizing our facilities and focusing on smaller class sizes will create and foster a healthier and more successful learning environment. Modernizing our facilities also includes leveraging technology within the classroom and school system. Taking a deep dive to look at technology available that would free up teachers or staff to create opportunities for more face-to-face education. Part of a child's well-rounded education and to assist with social and emotional well being is ensuring our children have access to art, music and physical education. Another need is addressing our role in going green. We need to research grants that will allow our

schools and buses to be more environmentally friendly. Partnering with our facilities management to identify options such as solar power, changing to LED light bulbs, energy efficient HVAC systems and buses that run off natural gas or electric power to reduce our carbon footprint.

\*\*\*

## SCHOOL COMMITTEE

Ruby Bansal



Having lived in Belchertown for almost 20 years and with two kids in the Belchertown school system, I not only have a vested interest in the success of our schools, I am a firm believer in high quality public education and believe that successful schools are the cornerstone of a successful community.

In the three years that I've sat on the School Committee I've demonstrated my passion, commitment and dedication to the role and I hope to be re-elected so I can continue to make a positive impact on our schools and community.

**Why are you running for this position?**

Having been a member of School Committee for the last three years, I know first-hand how long it takes to learn what the Committee's role is and how to create meaningful change. I've built the trust and relationships that one needs to be an effective advocate and I want to continue to use those skills and knowledge to move our district forward. I was one of two School Committee members to serve on the committee that crafted our district's five-year Strategic Plan that was heavily based on feedback from multiple stakeholders. I feel strongly that I have a responsibility to continue that work as the voice of our students, parents, educators and community members.

**What is the biggest challenge the board/committee is facing? How will you address it?**

The biggest challenge our schools face is funding. With yearly salary increases and unfunded mandates it is extremely difficult for our schools to expand programming, update curriculum, reduce class sizes etc. The best way I can address this is by using the relationships I've built with town and state officials to advocate for our needs. To be strategic with the funding allocated to the schools, one first needs to understand the budget, our funding sources and how those funds are distributed. One of the primary roles of the School Committee is approving the budget. I have the experience to ensure we have adequate budget oversight and that if cuts need to be made that every effort is made to ensure those cuts have minimal impact on students.

**Discuss your commitment to transparency and openness in Belchertown/Granby municipal government. Do you have suggestions for improving either?**

School Committee members are elected as the voice of the community and have a responsibility to their constituents to be open and transparent in their work. In my time on School Committee I've always advocated for strong communication with parents and the community. In 2018, I worked with Superintendent Coffin to establish a district Facebook page. Three years later my son is able watch BHS basketball online via the Facebook page. One positive that's come about in the pandemic is having virtual meetings that allows more people to attend or watch recorded meetings after the fact. I would advocate to continue this practice in the future.



# How to plant a bare root apple tree

Sometimes I wish I had bought for the land and not for the house. In my dreams, I'd have a field big enough to grow all the pumpkins a girl could want, and a sunny slope to have an amazing orchard of heirloom apple trees. Maybe someday, but for now I squeeze in apple trees here and apple trees there. One outside the chicken coop. Three in the perennial border. And as of this past weekend two more near the clothesline. Read on to see how I did it.

Planting a tree is not like planting a bush or a perennial plant. Should you make a mistake about the placement of those you can easily dig them up and move them. I think my parents moved their blueberries twice without injury to the bushes. Trees are a whole different story; you want to do it right the first time.

I was home all day on Friday, scoping out the yard. You think you know where the sunny spots are; fruit trees want at least six hours of full sun, until you document it by the hour. Overhead trees are not leafed out yet, so that has to be taken into consideration, but even so, one area I assumed to be sunny was actually in shade most of the day; another area was just the opposite.

Voilà! It is a perfect spot for the fruit trees! I then began to fret that the soil there would not be good enough, and without any finished compost on hand to amend the hole, my planting would be delayed even further. Lucky for me adding lots of peat or compost to the planting hole is old advice. These days we want the roots to extend far beyond the original hole. If the soil is too good there the roots will never want to leave. This way, over the long-term, they will go looking for nourishment and anchor themselves into the surrounding soil.

I began the task of digging a three foot wide by two foot deep hole. I shook the sod and placed it in a clump for the compost pile. The topsoil was put on plastic in one spot and the subsoil in another. Large rocks were discarded. Happily, I did have some rock phosphate left on hand from last fall. I sprinkled one cup, and found out later that one pound was the recommendation! in the planting hole and scratched it in. It will aid in root development. I also took my shovel and loosed the "walls" of the hole to make it easier for the roots to



Roberta McQuaid

See GARDEN, page 10 •

## Q AND A • from page 8

**Do you feel the town is doing enough to foster racial/social equity? How would you do so, if elected?**

Our community has only begun to address the issue of racial and social equity and while much progress has been made, there is still more that needs to be done. Educating our students for success in the larger world begins with acknowledging that racism and bias exists whether one has directly experienced it or not. While serving on the district Strategic Planning Committee student feedback showed that we have work to do in this regard and we have crafted strategic initiatives specifically to address implementing consistent approaches to discussing and addressing diversity, inclusion and tolerance with a goal of improving our overall school climate. If I am re-elected to the School Committee I will bring the continuity needed to ensure these goals are achieved.

**What are the school's capital needs?**

**What should the School Committee be doing in the next three years to address them?**

Our district's biggest capital need is a new school building. Some of our buildings are over 50 years old and lacking automatic fire suppression systems, adequate temperature control and critical needs for ADA compliance. Because of these building needs we have submitted a Statement of Interest and just recently the district was invited into the eligibility period by the MSBA to begin the process of potentially building a new school. A new school would allow the re-structuring of grades in way that makes sense with curriculum needs and would reduce the maintenance costs of two of our oldest buildings. The School Committee will need to work closely with the administration to complete this process and this will be a high priority in the coming years.

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## COMMENTS ON CONGRESS

# Summing up democracy

LEE H. HAMILTON  
Guest columnist

It's so easy, in the course of our day-to-day lives, to get caught up in the political preoccupations of the moment. What's the Senate going to do about the filibuster? How should infrastructure money be spent? Is the country going to come out of this year as badly divided as it started? These and many other questions matter a lot, but sometimes, it's helpful to step back and take stock of what we've learned over the course of our history.

I've been thinking about this because I've been reading Jon Meacham's 2018 book, "The Soul of America: The Battle for Our Better Angels." In it, Meacham notes that we've been badly divided and knocked back on our heels in the past but have always managed to work our way through those difficulties. He cites a variety of writers and speakers, and a number of them have stuck with me because they're both reassuring and a challenge. They remind us that sustaining our democracy is hard work and that its vitality depends on each of us, not just to participate, but to make the effort to understand and talk to people we don't agree with, and to do our best to discern the facts on which all genuine progress relies. Here they are, with a couple I've added on my own that speak to the same issues:

"Do not expect to accomplish anything without an effort." Teddy Roosevelt said this in an 1883 speech called, "The Duties of American Citizenship."

"The first duty of an American citizen, then, is that he shall work in politics." This is Roosevelt again, in the same speech, making the point, in the language of the time, that being an American citizen means being willing to engage in the work of democracy.

"Speak up, show up and stand up." That's Georgia's Stacey Abrams laying out, in concise form, the basic challenges for anyone trying to affect the course of public life.

"Progress on this journey often comes in small increments." This is Meacham himself, with a reminder that progress comes slow and hard.

"Nowhere is the rule of public opinion so complete as in America, or so direct." This was Englishman James Bryce, writ-

ing in The American Commonwealth, which appeared in 1888.

"People are responsible for the government they get." Harry Truman summed up our core responsibility: we have to choose our political leaders wisely.

"It is not only important, but mentally invigorating to discuss political matters with people whose opinions differ radically from one's own." Eleanor Roosevelt wrote this in a book published when she was 76, "You Learn by Living: Eleven Keys for a More Fulfilling Life."

"The enemy of America is not our many Muslim friends. It is not our many Arab friends. Our enemy is a radical network of terrorists and every government that supports them." I include this remark by George W. Bush, in a speech he gave to a joint session of Congress following the 9/11 attacks, because it's a cogent reminder that keeping our eye on the target matters in public policy.

"The people have often made mistakes, but given time and the facts, they will make the corrections." This was Truman again. I like his confidence.

"America of the 21st century is, for all its shortcomings, freer and more accepting than it has ever been." Meacham makes it clear that our nation, despite its many stumbles, has moved toward progress, in no small part because the American people, as Truman suggests above, have set it on that course.

"It is in order that each one of you may have through this free government which we have enjoyed, an open field and a fair chance for your industry, enterprise and intelligence... The nation is worth fighting for, to secure such an inestimable jewel." Abraham Lincoln said this in 1864. His words remind us that safeguarding a freely chosen, democratically elected government that creates the conditions for each of us to succeed by dint of our efforts is what engaging in politics is all about.

Lee Hamilton is a senior advisor for the Indiana University Center on Representative Government; a Distinguished Scholar at the IU Hamilton Lugar School of Global and International Studies; and a Professor of Practice at the IU O'Neill School of Public and Environmental Affairs. He was a member of the U.S. House of Representatives for 34 years.



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# BUSINESS

## Continuing Professional Education Forum Spring Series Kicks Off

REGION – The Continuing Professional Education Forum (CPE Forum) is pleased to announce our spring 2021 series, providing 21 hours of continuing professional education credits to professionals in Western Massachusetts and the surrounding areas. The series is presented live on Tuesdays at 3 p.m. via Zoom webinar, beginning Tuesday, April 27. Each session is three hours in length and provides three continuing professional education credits.

The CPE Forum is proud to present our spring 2021 speakers:

### May 4

Financial planners Michael Callahan, Michael Rousseau, and Amanda Hancock of Edu4Retirement, Inc. will speak on financial planning at each stage of our life.

### May 11

Marco Liquori, President of NetLogix, will speak on security risks of remote employees.

### May 18

Attorney Kevin Quinn, President of Legacy Counsellors, will present asset protection: cover your assets.

### May 25

Attorney Timothy Netkovick of The

Royal Law Firm will give an employment law update.

### June 1

Robert Vermes, Tammy Irrera, and Beth Ann Rosica will consider alternative risk solutions in a presentation on Reasons to consider a captive insurance.

### June 9

Jim Burke of HUB International will address business risks in the current COVID environment with Mitigating Risk in Your Office and Operations: Lions, Tigers, and Viruses, Oh My! During the same session, Todd Bard will focus on using clean energy technologies to increase business valuation.

The live-streamed webinars are hosted on Zoom. Register at [www.cpeForum.org](http://www.cpeForum.org)

The CPE Forum was established in the Fall of 1980 by Josephine Sarnelli, CPA. It's mission is to provide high quality educational programs at a low cost to business professionals, including Certified Public Accountants, Certified Management Accountants, enrolled agents, and others seeking continuing professional educational (CPE) credits for licensing purposes. It is also open to the general community for the cost \$100 for the entire series. For more information, call the CPE Forum at 413-749-9067, or visit [www.cpeForum.org](http://www.cpeForum.org).

## GARDEN • from page 9

penetrate as they spread.

Most grafted trees should be planted with the graft union two to three inches above the soil line. I positioned the bare-root tree in the hole and made a quick measurement with a stick across the hole. The graft union was too deep, so I mounded a little soil under the roots. That adjustment brought the tree to the correct depth. I dumped some water in next to collapse air pockets and then shoveled in the topsoil. Experts recommend that you backfill the hole with topsoil first, it is more friable, and then place the subsoil elsewhere in the hole, tamping down as you go, with your feet.

I made a basin around the tree after I was finished, a slightly sunken area to catch water. Eventually I will add a layer of compost on top and apply some mulch in the form of shredded bark or hay to create a happy environment for all of the “feeder” roots. If Mother Nature doesn't provide at least an inch of rain per week I will trickle water slowly into the basin twice a week to help establish the tree.

Although a few years will pass before I pick those first fruits, hopefully proper



planting will ensure years of fruitfulness.

*Roberta McQuaid graduated from the Stockbridge School of Agriculture at the University of Massachusetts. For the last 28 years, she has held the position of staff horticulturalist at Old Sturbridge Village. She enjoys growing food as well as flowers. Have a question for her? Email it to [ekennedy@turley.com](mailto:ekennedy@turley.com) with “Gardening Question” in the subject line.*

## CANDIDATES • from page 1

building and that was a big impact on the town,” he said. “We saved quite a bit of money.”

In terms of economic development, Aponte and Pucel support the former Belchertown State School property as a source of economic development.

Aponte began his answer by stating this is something he's been working on for years.

“I've been trying to increase the business tax base in Belchertown because that's the key to Belchertown's revenue,” Aponte said. “Right now, we have the (former) Belchertown State School we've slowly been developing. I was the driving force behind the town obtaining that property but the remediation. As you can see, we are starting to see the benefits of that.”

Pucel has been volunteering with the Belchertown Community Alliance.

“We're trying to do some awesome projects to refurbish those properties to have as a start up point for entrepreneurs,” he said. “We definitely need more businesses (to get) some tax revenue here. In my opening statement I said I'd like to make this a town that instead of driving through to Umass, we stop and show them what we have here...How do we showcase that? I would love to add the state school to the repertoire.”

### School Committee

Candidates Amy LaMothe, Jonathan Ritter and Ruby Bansal are running for two open School Committee seats in the annual election and all three were present for the candidates' night.

The three candidates discussed communication with the schools as well as the social emotional wellbeing of the students.

LaMothe said she felt the social/emotional wellbeing as well as academic success of the students in Belchertown Public Schools would be the biggest focus in the coming school year.

“We've already been working on addressing mental health with students during school time, but especially in this past year we need to focus not only on mental health but helping students to understand what's going on with the pandemic, how that might have effected them,” she said.

By having an online format, as a professor LaMothe said she's seen more interaction with her students.

“Updating websites and keeping Facebook, social media as well can help with engagement,” she said.

Ritter said he the approach would be twofold.

“With good academics you can address mental health with the kids,” Ritter said. “You make a learning environment and kids will bounce back. In the high school environment, we have to address that kind of stuff. Maybe having additional guidance counselors available, have motivational speakers come in and talk to the kids.”

Ritter said he would like to connect the community through a more robust public comment period in the committee's meeting.

“We need to let (parents) ask more questions at the meetings,” he said. “There's no time for parents to talk more about an issue that comes up.”

Bansal said the first step would be to gauge where students are currently.

“Both things are equally important coming out the pandemic...as students begin to return to the classroom we have to have a lot of patience with them,” she said. “I think it's going to take patience, figuring out where they're at, planning programming potentially, small group work outside of school. There's a lot we can do.”

She also supported the continuation of virtual meetings which are both live-streamed and recorded.

“We've seen more engagement since we've gone online, so I would support maintaining that in some fashion,” Bansal said.

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## Parker signs to play at Rochester

**TIM PETERSON**  
Sports Correspondent

GRANBY— Nick Parker, J.B. Mills and Geoff Doyle were teammates on the 2019 Amherst football team, which captured the Western Mass. Division 5 championship title and played in the Super Bowl game at Gillette Stadium.

The trio will be reuniting as teammates on the University of Rochester football team next fall.

Parker, who's a senior, signed his National Letter of Intent to join the Yellowjackets football team during a ceremony held at Granby High School on March 22.

"This is a very exciting day for me and my family," said Parker following the ceremony. "I committed to the University of Rochester a couple of months ago and I made it official by signing my letter of intent today. It almost feels like my birthday."

Parker, who's the Hurricanes starting right tackle, is one of the three student-athletes from Granby High School listed on this year's Amherst football roster. The two high schools have had a co-op in football for the past couple of years.

Parker also received offers from college football coaches at Western New England University, Worcester State University, and the Mass. Maritime Academy.

The University of Rochester, which is a private school founded in 1850, is one of the world's leading research universities. It moved to the top of Parker's recruiting list after he made a visit to the campus.

"I was completely amazed by everything when I visited the school for the first time," Parker said. "The campus is beautiful and it's one of the best school's that I've ever visited. I was interested in everything that they had to offer."

Mills and Doyle, who are currently members of the Yellowjackets football team, played key roles in Parker's recruiting process.

"J.B. and Geoff were definitely a big help to me during my recruiting process," said Parker, who's planning to study engineering as a freshman. "It's going to be great already having friends on the football team. I can't wait to be teammates with them again."

The Yellowjackets football coach is Chad Martinovich.

Parker was born in West Springfield before



Nick Parker signs his letter of intent to play football at the University of Rochester.

SUBMITTED PHOTOS

moving to Dallas, Georgia with his family when he was three years old. The Parker's moved to Granby before the start Nick's junior year of high school.

He began playing football in the fourth grade.

"I started playing football for a rec. team and I really didn't like it very much on the first day. After that, I fell in love with the sport," Parker said. "When I was in the fifth grade, my football team won a Super Bowl title. I'm still friends with most of the guys on that team."

Nick's father, Doug, was his youth football coach for several years. His mother, Laura, is one of his biggest supporters.

"I really enjoyed having my father as a football coach when I was younger. He helped me become the player I am today," he said. "My mom is always encouraging me after every game that I play."

Nick's younger sister, Lauren, is a sophomore at Granby High School.

Parker, who has also played basketball and lacrosse, met the members of the Amherst football team for the first time in the weight room during the summer of 2019.

It turned out to be a very memorable season for him and his teammates.

See **PARKER**, page 12 •

## Spring sports to commence after long wait

**GREGORY A. SCIBELLI**  
gscibelli@turley.com

REGION – On June 15, 2019, Katelyn Thompson and the Minnechaug Regional High School softball team defeated Pittsfield High School to win the Western Massachusetts Division 1 championship.

Since around that time, spring sports, baseball, softball, lacrosse, tennis, and boys volleyball have not been played.

The COVID-19 pandemic stopped high school sports in their track in early March 2020. Several delays were made to the spring sports season until an unprecedented cancellation took place when in-person school was cancelled for the remainder for the 2019-2020 school year. It robbed Class of 2020 players in all spring sports their final curtain call, and their final opportunity to fight for sectional, individual, and state success in their respective sports.

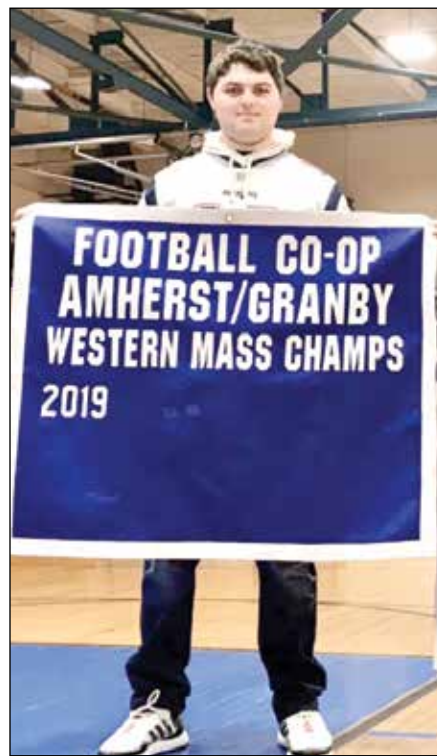
Next week, beginning on May 5, Granby lacrosse will face Monson with the Mustangs hosting the boys and the Rams hosting the girls. That action will be among the first spring sports to take place in nearly 23 months.

In June, spring sports will participate in sectional tournaments for the first time since March 2020 when the winter sports held their tournaments. Tournaments were not held for the first three seasons of this school year.

The Massachusetts Interscholastic Athletic Association sponsored a "Fall 2" season that wrapped up just last week with football action leading the way along with some basketball, indoor track, and girls volleyball among teams that were unable to participate in the first two seasons of the year. Cheerleaders also had the opportunity to participate in the Fall 2 season.

Practices for spring sports began earlier this week and it is a very quick turnaround to get games underway, with several starting on Wednesday, May 5. This only allows for about seven or eight practice sessions before that date.

See **SPORTS**, page 12 •



Parker is one of a few Granby students that participated in a co-op football program with Amherst Regional High School in recent years.

### AT THE RACES

## 'Pole' takes first race in Granite Series

STAFFORD, Conn. — It didn't take long for Joey "Pole" Polewarczyk Jr. to figure out the half-mile of Stafford Motor Speedway on Saturday, April 24. The defending Granite State Pro Stock Series champion took the lead on lap 15 from Eddie MacDonald and never looked back en route to the triumph in the Casagrande Builders 75.

Pole crossed the line over six seconds ahead of hometown favorite Cory Casagrande, with seven-time Seekonk Speedway champion David Darling finishing third.

"What an awesome track, thanks to Stafford for having the Granite State Pro Stock Series," Pole said. "That's one of the best cars I've ever had. It really came in during the race. I loved that there were almost no cautions, and we were able to run our own pace. It feels really good to come down here to Stafford and win."

While Pole pulled away from a 24-car field, only a few cautions slowed the action. Early, it was a caution for a stopped Rick Duzlak in turn one, then an accident collected both Mike O'Sullivan and Craig Bushey on lap 11. From there, the caution flag was never used again. Pole drove by McDonald and left the rest of the field behind him, with DJ Shaw, Casagrande and Darling battling for second over the final 30 laps.

Casagrande got by Shaw for second on lap 56, with Darling on his bumper — then the two battled for the runner-up spot for the final 20 laps. Casagrande would beat Darling by a small margin at the finish.

MacDonald finished fourth, while former series champion Derek Griffith rallied from an early pit stop to round out the top-five. Devin O'Connell was sixth, followed by

See **PARKER**, page 12 •



SUBMITTED PHOTO

Joey "Pole" Polewarczyk Jr. took the win in the first race of the year at Stafford Motor Speedway.



# Monadnock opener set for next weekend

WINCHESTER, N.H. — On Saturday, May 1, Monadnock Speedway will be back in action for the 2021 Season. Although there will be some COVID19 restriction that will remain in place for capacity and social distancing, the speedway has added on 1400 more seats to accommodate the restrictions.

The season opener will be a two-day event this year with the Tri Track Modified Series as the headline on Saturday (May 1)

and Granite State Pro Stock Series on (May 2). There will be a practice session held on Friday (April 30) from 1 p.m. to 6 p.m.

The divisions scheduled on Saturday are 100 Lap Tri Track Modified Series, NHSTRA Modifieds, Pro Truck Series, Mini Stocks, Pure Stocks, Young Guns and Classic Lites. Race time is at 5 p.m. The Sunday line up will include 100 Lap Granite State Pro Stock Series, NHSTRA Modifieds, Late Models, Street Stocks,

NELCAR Legends and Enduros. Race Time is at 2 p.m.

Advanced General Admission Tickets and Reserved Camping Sites area available for purchase at [www.monadnockspeedway.com](http://www.monadnockspeedway.com). Pit Admission tickets will not be available in advanced and are available for purchase on the day of the event.

For more information, go to the speedway's website at [monadnockspeedway.com](http://monadnockspeedway.com) or call 603-239-4067.

## Follow Turley Sports on Instagram

Turley Publications sports department has recently joined Instagram. You can find our account by searching "turleysports." We will regularly feature samples of photos that you will see in our publications on a weekly basis. Please follow and share with your friends and loved ones. We will be featuring photos from all 11 of our sports sections in the coming weeks, but as always, you can see all the photos that appear by subscribing to your local paper or picking up a copy in your community.

## RACES • from page 11

Shaw, Gabe Brown, Derek Gluchacki and Angelo Belsito.

Shaw, Griffith and Casagrande won heat races earlier in the day, while Shaw also set fast time in time trials.

The Granite State Pro Stock Series returns to the track on Sunday, May 2 at Monadnock Speedway.

For more information on the Granite State Pro Stock Series, visit [gspss.net](http://gspss.net) and follow the series on social media.

### THE FINISH:

1. Joey Pole
2. Cory Casagrande
3. David Darling
4. Eddie MacDonald
5. Derek Griffith

6. Devin O'Connell
7. DJ Shaw
8. Gabe Brown
9. Derek Gluchacki
10. Angelo Belsito
11. Mike Mitchell
12. Bryan Kruzcek
13. Mike Scorzelli
14. Kevin Casper
15. Josh King
16. Tyler Tomassi
17. Alexander Pearl
18. Luke Hinkley
19. Casey Call
20. Bobby Pelland III
21. Adam Gray
22. Craig Bushey
23. Mike O'Sullivan
24. Rick Duzlak

## SPORTS • from page 11

But because of unpredictable weather coming out of the winter, spring sports are used to a condensed schedule, especially baseball and softball, which often need more ideal weather in order to play games as soggy and muddy fields can make for more dangerous play.

Sports are scheduled to run from May 5 through the middle of June. Like the previous seasons this school year, most of the sports will play about 12 games. Seasons in the fall and winter ran for about 10 to 12 games, but spring sports often lend themselves to more games under a condensed schedule. Most teams are scheduled for 12 games with some playing more depending individual circumstances.

The more important part is that in addition to a 12-game schedule, teams who qualify will get the chance to participate in tournaments, which will result in more games.

Athletes are still being required to wear masks to participate in sports, though it is possible restrictions could ease as the spring season progresses based on the vaccination effort and currently dropping case numbers. Surrounding states like Connecticut and New Hampshire have also started easing restrictions as well.

Most schedules for the spring have been posted to the MIAA website as well as some school websites.

## PARKER • from page 11

The Hurricanes closed out the 2019 regular season with a perfect 8-0 record after defeating rival Northampton, 34-7, for the first time in four years.

"We had lost the previous four games to Northampton and we didn't want that to happen to us again last year," Parker said. "We beat them pretty good and everyone on my team was very excited following that win. We also locked up the top-seed in the playoffs with that victory. It was just an amazing feeling."

Amherst began their playoff journey by defeating fourth-seeded Easthampton, 55-8

in the Western Mass. Division 5 semifinals. They then dispatched second-seeded West Springfield, 50-8, in the Western Mass. finals at Holyoke High School. It was the first time that the Hurricanes captured the Western Mass. title since 1999.

The Hurricanes then shutout Central Mass. champion Northbridge, 28-0, in the Division 5 state semifinal game before losing to Swampscott, 21-0 in the Super Bowl game.

"We dominated every team that we faced last year until the state championship game," Parker said. "It was an outstanding team with a great group of guys."

Parker, who's a New Orleans Saints fan, will probably always remember playing a

football game at Gillette Stadium.

"The week before we played in the Super Bowl game, I watched the Patriots play a home game on television and I couldn't wait to play a game on that field," Parker said. "Walking into that stadium for the first time was just an amazing feeling."

The Amherst football coach is Chris Ehorn Jr., who has been coaching the varsity team since 2016.

"Coach Ehorn is an outstanding high school football coach," Parker said. "He has established a great culture at Amherst High School."

Just like every other high school football team in Massachusetts, the Hurricanes, who

graduated 12 seniors a year ago, did not play any games last fall because of the COVID-19 pandemic. They're scheduled to play six games during the new Fall II season this spring.

"It did feel strange not playing any games last fall," Parker said. "We just practiced and prepared for the spring season. I'm glad that we'll be playing a few games this spring because some states didn't even have a high school football season."

Parker, Mills, and Doyle are looking forward to celebrating a few more victories together as members of the University of Rochester football team during the next couple of years.

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## AMHERST

# Nursing students closing the diaper gap

### STAFF REPORT

AMHERST – Students from the University of Massachusetts College of Nursing and the Elms College School of Nursing are organizing two diaper and menstrual supply drives to benefit It Takes a Village and the Amherst Survival Center.

Several classes of nursing students have been working with It Takes a Village, a local nonprofit organization that provides free postpartum support to families in Western Massachusetts, as part of their clinical practicum requirements. As they were conducting their field study, they were alarmed to learn that the lack of diaper access to low income families has reached a crisis stage. One in three families in the US cannot afford diapers, and currently families are not allowed to use SNAP (food stamp) or WIC benefits to purchase diapers. A lack of diapers can keep babies from attending daycare, which means parents cannot attend work or school, and keeping a baby in a soiled diaper too long can lead to serious medical complications.

“We didn’t realize how pervasive this problem really is,” said Alyssa Waskiewicz, a nursing student at UMASS.

“It’s heartbreaking that families must choose between food and diapers.”

Students also discovered the vast public health implications for people who cannot afford menstrual supplies, a problem that is often overlooked.

“The COVID-19 Pandemic has made the problem even worse,” says Lisa Goding, Program Director for It Takes a Village. “Families are out of work, and many of the options they had for low-cost supplies disappeared overnight.”

Mobilized into action, the students decided to plan and implement concurrent supply drives for diapers, wipes, and other sanitary supplies. Elms College students focused on menstrual and incontinence supplies, collecting them through an on-campus drive.

“After the birth of a child, everyone thinks about the baby, and the mother tends to be forgotten,” said Sara Scagliarini, a nursing student at Elms College. “We wanted to do something to support the whole family and keep mom in the front of our minds.”

In this age of social-distancing, UMASS students decided to find a way for people to donate from home. Through the end of April, donors can go to you-

givegoods.com/UMASSDiaperDrive and select items to donate, which will be shipped directly to It Takes a Village’s donation center, the Village Closet, in Huntington. Participants can also make a monetary donation, which will be used to offset the costs of deliveries to families lacking transportation, as well as purchasing diapers in sizes not usually donated.

“An anonymous donor is also going to match the value of every donation of supplies or funds, for both schools’ drives,” said Goding. “These students are making such a huge impact for so many.”

It Takes a Village supports about 1,500 families every year through home visits, parent groups, and free supplies. The Village Closet is the only diaper bank in the Hilltowns, and distributes nearly 30,000 diapers every year to families all across Western Mass. The Amherst Survival Center serves more than 6,000 people each year through their food pantry, community meals, drop-in health clinic, as well as a variety of other support services.

For more information, please visit [yougivegoods.com/UMASSDiaperDrive](https://yougivegoods.com/UMASSDiaperDrive) or [www.hilltown-village.org](https://www.hilltown-village.org).

## Amherst College music dept. performance

AMHERST - The Amherst College Department of Music presents “Choral Society: Senior Concert.” Pre-recorded from Buckley with our on-campus choirs, the Choral Society performs on Saturday, May 1, at 7 p.m. on the Music Department Events Live Stream page:

<https://www.amherst.edu/academiclife/departments/music/events/event-live-stream>.

Singing during the pandemic has been a challenge around the globe, but we at Amherst have been lucky to make music safely and in-person. The on-campus Amherst choirs will share a variety of choral works including world premieres of Grey Grant’s “Voice Chant II” and Brandon Waddles’ “Come, Lord Jesus.” On-campus and remote choir members are featured on the world premiere of Colin Britt’s “Unmute Yourself.” The concert closes with the traditional Senior Song.

For a complete listing of upcoming Amherst College Department of Music events, visit us on the web: [www.amherst.edu/academiclife/departments/music/events](https://www.amherst.edu/academiclife/departments/music/events).

## UMass Music, Dance ensembles to present concerts

Most concerts to be shown on YouTube; Wind Ensemble to perform live in Downtown Amherst on May 1

AMHERST – The UMASS Amherst Department of Music and Dance will host a number of virtual performances to mark the end of the spring 2021 semester. A partial listing of these virtual events is below – unless noted otherwise, all events can be viewed free via the department’s new YouTube channel, [www.youtube.com/umassmusicdance](https://www.youtube.com/umassmusicdance).

Friday, April 30, at 7:30 p.m. – 40th Annual Jazz Showcase.

Friday April 30 and Saturday, May 1, at 7:30 p.m. each evening- Junior

Choreography Projects: memoirs. (via 5 College Dance Vimeo email [fccdance.reservations@gmail.com](mailto:fccdance.reservations@gmail.com) and specify date to attend.)

Saturday, May 1, at 2 p.m. – Faculty Wind Concert

Sunday, May 2, at 3 p.m. – Brass & Wind Area Ensembles

Sunday, May 9, at 2 p.m. – Vocal Jazz Ensemble

The UMASS Wind Ensemble will also present a live in-person concert on May 1 at 12 p.m. in Amherst’s Sweetser

Park (off Lessey St. across from Police Station). The concert will feature music by William Grant Still, Hoagy Carmichael, Alberto Ginastera, John Williams’ Star Wars Trilogy and Kim Archer’s Fanfare Politeia, written for Kamala Harris’ inauguration. The event is free – concertgoers must bring their own chair or blanket and observe social distancing guidelines (six feet apart) and wear a face covering. Attendance will be limited to 150 as per current state guidelines.

A complete listing of events, including student recitals being streamed to YouTube, is available at [www.umass.edu/music/events](https://www.umass.edu/music/events).

### SHOWCASE • from page 3

Media, Focus Springfield TV, Lazer 99.3 FM, New City Brewery, Valley Advocate, Easthampton Savings Bank, INSA, Northfire Recording Studio, Salon 413, Galaxy Restaurant, The Dam Café, Dean’s Beans, 93.9 The River, Valley Quarterly, Turn it Up, Black Labyrinth Tattoos, Falcetti Music, Mantis Graphics, Healy Guitars, Pioneer Valley Indoor Karting, Valley Free Radio, Antonios Pizza, Puzzled- Escape Games, PRIA Music Marketing, Whip City Music, Sutter Meats, Telefunken Elektroakustik and Union Street Bistro & Bakery.



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EDUCATION

Belchertown schools menu

Breakfast and lunch are free for all students all year.

Cold Spring School

Monday, May 3: Breakfast – sweet potato swirl roll and fruit  
Lunch – Cheeseburger, lettuce, tomato, pickles, oven fries.  
Alternate – cereal meal with yogurt.  
Tuesday, May 4: Breakfast – muffin and fruit  
Lunch – beef soft taco with salsa and sour cream, fiesta black bean salad and apple churro.  
Alternate – mini-pancakes and string cheese.  
Wednesday, May 5: Breakfast – cereal and 100% juice.  
Lunch – pasta marinara with cheese, Caesar salad and a garlic knot.  
Alternate – ham sandwich  
Thursday, May 6: Breakfast – bagel with cream cheese and fruit  
Lunch – chicken nuggets, raw broccoli with ranch dip, school baked cookie.  
Alternate – pretzels with cheese stick.  
Friday, May 7: Breakfast – banana bread and fruit  
Lunch – bunch for lunch, mini maple pancakes with yogurt, breakfast sausage, steamed carrots.  
Alternate – turkey sandwich.

Swift River School

Monday, May 3: Lunch – cheeseburger, lettuce, tomato, pickles and oven fries  
Alternate – cereal meal with yogurt.  
Tuesday, May 4: Lunch – beef soft taco, salsa and sour cream, fiesta black bean salad and apple churro.  
Alternate – sunbutter and jelly.  
Wednesday, May 5: Lunch – pasta marinara with cheese, Caesar salad and garlic knot.  
Alternate – ham sandwich  
Thursday, May 6: Lunch – chicken nuggets, raw broccoli with ranch dip, school baked cookie.  
Alternate – sunbutter scoop with animal crackers and cheese stick.  
Friday, May 7: Lunch – brunch for lunch, mini maple pancakes, yogurt, breakfast sausage, steamed carrots.

Chestnut Hill Community School

Monday, May 3: Lunch – cheeseburger, lettuce, tomato, pickles and oven fries

Alternate – cereal meal with yogurt.  
Tuesday, May 4: Lunch – beef soft taco, salsa and sour cream, fiesta black bean salad and apple churro.  
Alternate – sunbutter and jelly.  
Wednesday, May 5: Lunch – pasta marinara with cheese, Caesar salad and garlic knot.  
Alternate – ham sandwich  
Thursday, May 6: Lunch – chicken nuggets, raw broccoli with ranch dip, school baked cookie.  
Alternate – sunbutter scoop with animal crackers and cheese stick.  
Friday, May 7: Lunch – brunch for lunch, mini maple pancakes, yogurt, breakfast sausage, steamed carrots.

Jabish Brook Middle School

Monday, May 3: Lunch – spicy jalapeno, cheeseburgers, lettuce, tomato, pickles, oven fries and canned fruit.  
Tuesday, May 4: Lunch – beef soft tacos, salsa and sour cream, fiesta black bean salad and apple churro.  
Wednesday, May 5: Lunch – pasta bar (choice of meat sauce, marinara or chicken alfredo) Caesar salad and garlic knot.  
Thursday, May 6: Lunch – oven roasted chicken, mashed potato, raw broccoli with ranch dip and a school baked cookie.  
Friday, May 7: Lunch – Pulled pork sandwich, chips, steamed carrots and canned fruit.

Belchertown High School

Monday, May 3: Breakfast – BHS breakfast rack.  
Lunch – spicy jalapeno cheeseburgers, lettuce, tomato, pickles, oven fries and canned fruit.  
Tuesday, May 4: Breakfast – BHS breakfast rack.  
Lunch – beef soft tacos, salsa and sour cream, fiesta black bean salad and apple churro.  
Wednesday, May 5: BHS remote learning day, no in school meals.  
Thursday, May 6: Breakfast – BHS breakfast rack  
Lunch – Oven roasted chicken, mashed potato, raw broccoli with ranch dip and school baked cookie.  
Friday, May 7: Breakfast – BHS breakfast rack.  
Lunch – pulled pork sandwich, chips, steamed carrots and canned fruit.

Williston Northampton School announces local students on Honor Roll

EASTHAMPTON – The Williston Northampton School announces that the following students made the Honor Roll for the first trimester of the 2020-21 academic year.

- Julia Borden of Amherst, a grade 11 student, achieving High Honors.
- Louisa Coughlin of Amherst, a grade 10 student, achieving High Honors.
- Liam Coughlin of Amherst, a grade 12 student, achieving High Honors.
- Gabriel Davila Bustamante of Amherst, a grade 12 student, achieving High Honors.
- Stella Gordon of Amherst, a grade 9 student, achieving High Honors.
- Aaron Hammer of Amherst, a grade 9 student, achieving High Honors.
- Katherine Kang of Amherst, a grade 10 student, achieving High Honors.
- Lucy Latham of Amherst, a grade 10 student, achieving Honors.
- Francesca Polino of Amherst, a grade 11 student, achieving Honors.
- Siga Pouye of Amherst, a grade 10 student, achieving High Honors.
- Jacob Schulkind of Amherst, a grade 12 student, achieving High Honors.
- Abigail Schulkind of Amherst, a grade 12 student, achieving High Honors.
- Andrew Warren of Amherst, a grade 12 student, achieving High Honors.

- Luke Ballard of Belchertown, a grade 10 student, achieving Honors.
- Caleb Boyko of Belchertown, a grade 10 student, achieving Honors.
- Charles Vachet of Belchertown, a grade 12 student, achieving High Honors.
- Anna Richardson of Granby, a grade 12 student, achieving High Honors.
- Luke Richardson of Granby, a grade 9 student, achieving Honors.

Students earning High Honors are required to earn a grade point average of 92. Students earning Honors are required to earn a grade point average of 87.

The Williston Northampton School is a coeducational boarding and day school for students in seventh grade through post-graduate year. The 125-acre campus offers a challenging learning environment with a rich academic curriculum, leadership opportunities, and a full range of extra-curricular activities in the arts and athletics. Located in the heart of the Pioneer Valley, the school is within a 15-mile radius of Amherst, Smith, Mount Holyoke, and Hampshire Colleges, and the University of Massachusetts. Williston’s community of over 400 students provides a diverse and culturally rich educational experience for students.



College NOTES

Endicott College announces local Dean’s List Students

BEVERLY - Endicott College, the first college in the U.S. to require internships of its students, is pleased to announce its Fall 2020 Dean’s List students. In order to qualify for the Dean’s List, a student must obtain a minimum grade point average of 3.5, receive no letter grade below “C,” have no withdrawal grades, and be enrolled in a minimum of 12 credits for the semester.

The following students have met these requirements:

Amherst residents Josh Vecchio, Exercise Science, Katherine Walton-Vecchio and Josh Vecchio. Belchertown residents Alexa Brown, Criminal Justice, Charissa Brown and Richard Brown, Jenna Brown, Digital Media, Charissa Brown and Richard Brown, Alexis Cole, Libl Studies/Education, Pamela Cole and James Cole and Claire Orr, Hospitality Management, Sharon Orr and Andrew Orr. Hartwick College announces local Dean’s List students

ONEONTA, NY – A student from the area recently achieved academic excellence at Hartwick College. The following student was named to the College’s Dean’s List for the fall 2020 semester: Justin Bruce White of Belchertown. Inclusion on the Dean’s List is an indication of excellent academic work, including the completion of a full course load with at least a 3.5 grade point average based on a 4.0 scale. Hartwick College is a private liberal arts and sciences college of 1,200 students, located in Oneonta, NY, in the northern foothills of the Catskill Mountains. Hartwick’s expansive curriculum emphasizes an experiential approach to the liberal arts. Through personalized teaching, collaborative research, a distinctive January Term, a wide range of internships, and vast study-abroad opportunities, Hartwick ensures that students are prepared for not just their first jobs, but for the world ahead. A Three-Year Bachelor’s Degree Program and strong financial aid and scholarship offerings keep a Hartwick education affordable.

Iowa State University announces Fall 2020 Dean’s List

AMES, IA– More than 11,000 Iowa State University students have been recognized for outstanding academic achievement by being named to the fall semester 2020 Dean’s List. Students named to the Dean’s List must have earned a grade point average of at least 3.50 on a 4.00 scale while carrying a minimum of 12 credit hours of graded course work.

Granby resident Kelly Leigh Callahan, class of 2024 studying Veterinary Medicine.

Fairfield University congratulates Fall 2020 Dean List

FAIRFIELD, CT - The following Fairfield University student received Deans List Honors for the Fall 2020 semester, Belchertown resident Christopher Chumbley.

In order to be placed on the Dean’s List, students must have completed a minimum of 12 credit hours in a semester, have no outstanding or incomplete grades for that semester, and have attained a semester grade point average of 3.50 or better.

University of New Hampshire’s Dean’s List for the Fall 2020 Semester

DURHAM, NH – The following students have been named to the Dean’s List at the University of New Hampshire for the fall 2020 semester.

Jeremiah Friedman of Amherst, earning High Honors.

Molly McBride of Belchertown, earning Honors.

Students named to the Dean’s List at the University of New Hampshire are students who have earned recognition through their superior scholastic performance during a semester enrolled in a full-time course load (12 or more graded credits). Highest honors are awarded to students who earn a semester grade point average of 3.85 or better out of a possible 4.0. Students with a 3.65 to 3.84 average are awarded high honors and students whose grade point average is 3.5 through 3.64 are awarded honors.

Bryant University Students named to Deans’ List

SMITHFIELD, RI – Bryant University is dedicated to the pursuit, recognition, and celebration of academic excellence. The University is pleased to recognize the students who have been named to the Deans’ List for the fall 2020 semester.

“The challenges of the last year have revealed the character and grit of our community of scholars,” said Provost and Chief Academic Officer Glenn Sulmasy, JD, LL.M, reflecting on Bryant’s successful fall semester. “I am impressed and proud of their resilience, dedication, and innovative spirit.”

Congratulations on this outstanding achievement!

Adriana Czarniecki, class of 2021, from Belchertown.

Kiersten Laramée, class of 2022, from Belchertown.

For 158 years, Bryant University has been at the forefront of delivering an exceptional education that anticipates the future and prepares students to be innovative leaders of character in a changing world.

Applications open for JMK Scholarship

REGION – The Zonta Club of Quaboag Valley is now accepting applications for a local award, with the possibility of winning District and International honors as well.

The 2021 Jane M. Klausman Women in Business Scholarship is open to women in Western Mass. enrolled in at least the second year of an undergraduate program through the final year of a master’s program in business, leading to a business management career. The program is designed to encourage women to enter careers and to seek leadership positions in business-related fields in their communities and throughout the world. The club offers a \$1,000 scholarship to the most outstanding Klausman applicant. Completed applications are due by May 28.

The application is available for download at [www.zontaqv.org/resources](http://www.zontaqv.org/resources).

The local winner’s application will then be submitted for competition at the Zonta District 1 level (New England states of the U.S. and Nova Scotia, Canada). The District 1 winner goes on to compete internationally, funded by the Zonta International Foundation for Women.

Questions? Email Maria Maloney at [MariaMaloneylicsw@gmail.com](mailto:MariaMaloneylicsw@gmail.com).

The Zonta Club of Quaboag Valley ([www.zontaqv.org](http://www.zontaqv.org)) is part of Zonta International - a global community that has empowered women and girls through service and advocacy for 101 years. It was founded November 8, 1919, in Buffalo, New York, by a group of forward-thinking women who envisioned a women’s service organization that would advocate for laws and policies that ensure gender equality and help every woman and girl realize her full potential



## ■ PUBLIC SAFETY

### Belchertown Police Log

*Editor's note: The following are brief explanations of select entries in the Belchertown Police log and arrests for the weeks of April 7 through April 13. The information was provided by a member of the police department based on the review of the detailed log summary. This feature is designed to provide context and explanation to some of the calls police respond to every day. Of the 314 calls police responded to, there were 14 incidents, six accidents, three arrest/summons and 16 citations.*

#### ARRESTS/SUMMONS

##### Wednesday, April 14

7:22 p.m. – Tony Sanchez, 52, of 20 Lincoln St in Springfield, was arrested on three warrants and charges operating on a suspended license and attaching plates. An officer to George Hannum Rd for report of an unrelated call. Upon arrival, the officer called in a registration plate assist in identifying an individuals plate status cancelled and was attached to the wrong vehicle and front plate different from the rear, which also came back cancelled. Asked for persons license suspended on active warrants. Placed under arrest. Plates removed and placed into evidence. Clerk contacted and said non-bailable. Transported to Hampshire county house of correction.

##### Saturday, April 17

6:49 p.m. – Officers to Gulf Rd reported of single vehicle accident. The vehicle struck a stone wall on the bridge. The calling party said the vehicle was travelling at a high rate of speed and the operator was potentially impaired. The witness said the operator asked witnesses not to call the police. The witness said the operator left on foot and a description was obtained by officers. The vehicle struck a large bolder used as guardrails had enough force to knock bolder into the stream below. An additional officer responded to search area after the operator left. It was discovered the operator lives in the area. A towing company was

contacted and K-9 officer responded to track the operator Hampshire towing owner arrived on scene. The owner confirmed who was driving the vehicle. The person wasn't located will be mailed a criminal application for leaving the scene to a 30 year old pelham man.

#### ACCIDENTS/INCIDENTS

##### Wednesday, April 14

3:54 p.m. – An officer took a report from a resident stating they were attempting to file a tax return when they discovered someone filed for them, using their personal information. When they went to file their taxes, they were tagged as a duplicate. The resident was told to contact the IRS and take appropriate the appropriate steps. There are no known suspects at this time.

8:33 p.m. – An officer responded to a residence regarding damage to a vehicle inside of a garage. The vehicle had a flat tired which appeared to be punctured. The resident believed they knew who was responsible. A report was taken.

##### Friday, April 16

7:53 a.m. – Officers responded to an accident involving a trash vehicle. The trash can and arm of the trash truck came out and hit a parked vehicle. There was damage to the right rear bumper and reflector on the parked vehicle. The operator reported the arm of the truck malfunctioned. No injuries were reported. No tow was necessary.

11:53 a.m. – A resident spoke with an officer about a letter they received from a lending company was denied. They contacted the lending institution and their personal information used. They were told to contact local police department for a report to be made. A report is on file.

1:36 p.m. – Officers responded to Sergeant St for a reported accident with a pole. Witnesses reported the vehicle went down an embankment with operator still inside. The telephone pole was upright, but appeared to have an issue with its base. National Grid was contacted. The operator was identified and reported they were

avoiding snow and lost control of the vehicle, resulting in the crash. There was damage to the front passenger's side. No injuries were reported.

4:31 p.m. – Officers responded to Mill Valley Rd for a report of a vehicle with flat tire on side of the roadway. The rear driver's side tire was flat and fell off. The vehicle travelled down the side of the road and the tire flattened between the place they left and Mill Valley Rd. The vehicle was brought to a local repair shop and the operator went back to station for ride.

5:32 p.m. – Officers took a report of unemployment fraud.

6:24 p.m. – Officers responded to a report of leaving the scene of property damage caused by an accident. The reporting party said there was mailbox damage caused by tractor trailer which occurred the night prior. The reporting party said they saw the tractor trailer back into a common drive, striking a mailbox and knocking it off the post. There was minor damage. The officer reported they would reach out to the company of the tractor trailer.

8:04 p.m. – Officers responded Terry Lane for a report of a rabid fox in the area. Animal control was contacted and located the fox in the backyard of a residence. The officer attempted to dispatch same and it was unknown if it was hit.

##### Monday, April 19

6:25 a.m. – An officer responded to an accident on Bardwell St. One vehicle traveling east on South St was going through the underpass at the same time as another vehicle travelling west on South St was going under the underpass as well. The first vehicle struck the side of the underpass. No injuries were reported and no tow was needed.

10:51 a.m. – An individual dropped off a set of keys found at the intersection of Daniel Shays and Old Pelham Rd. The keys were entered into property.

##### Tuesday, April 20

4:06 a.m. – Officers responded to a residence on Chauncey Walker St to perform a wellbeing check on person.

3:28 p.m. – An officer spoke to a Main St resident for a report of a catalytic converter stolen from a motor vehicle. The resident had vehicle towed to auto facility where it was reported the converter was cut off the vehicle and the O2 sensor was damaged in the process. The area was canvassed to see if anyone saw anything. There is no further information at this time.

5:21 p.m. – An officer took s report from someone saying they had been scammed. The resident attempted to contact National Grid for an electrical bill, they spoke with person asked who asked for their account number, and date of birth. When they had yet to receive a phone call back, they called another number to reach National Grid, where a representative told them the previous group was not associated with National Grid. An officer tried to research the phone number, but wasn't able to find anything.

### Granby Police Log

*Editor's Note: The Granby Police Department responded to 148 calls for the week of April 16 through April 22. Those arrested are presumed innocent until proven guilty in a court of law. All information is provided by the Granby Police Department.*

##### Friday, April 16

3:38 p.m. – Officers investigated a report of theft from a residence on New Ludlow Rd. The incident is still under investigation.

##### Monday, April 19

9:23 a.m. – Officers investigated a motor vehicle accident on Porter St. The operator drove off the roadway, causing damage.

##### Wednesday, April 21

8:10 a.m. – Officers investigated property damage done at Brown Ellison Park.

10:55 a.m. – Officers investigate parts stolen from motor vehicle in the area of Pleasant St. The incident is still under investigation.

4:51 p.m. – Officers investigated a motor vehicle accident on West St.

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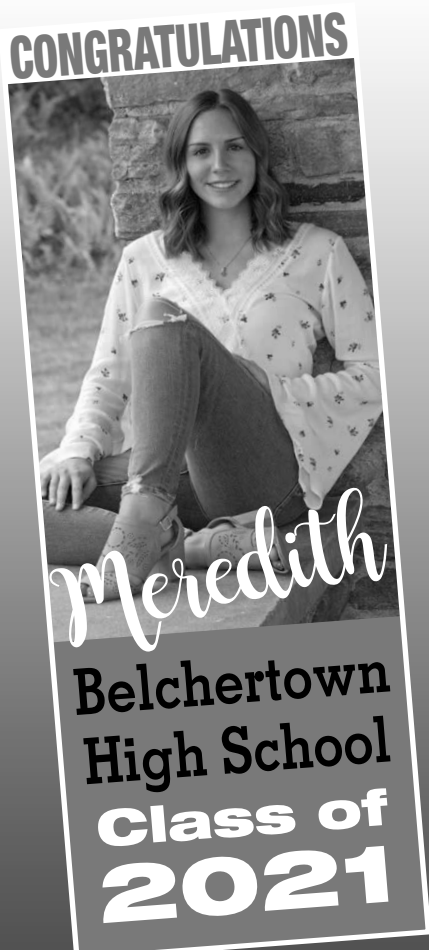
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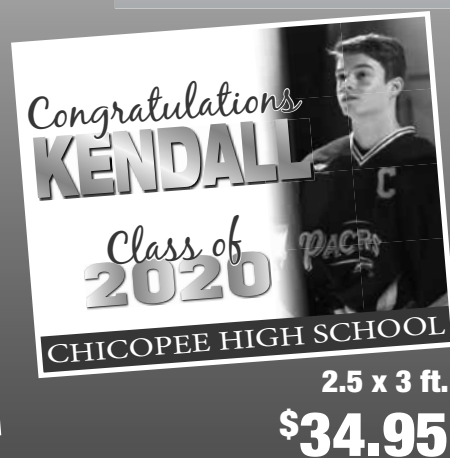


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PHOTO COURTESY OF MICHAEL AUSTIN  
Calving season is in full swing at Austin Brothers Valley Farm West St Belchertown.

## Students of the Quarter at Jabish Brook Middle School

BELCHERTOWN – Student of the Quarter Award for the third academic quarter at JBMS. These students were nominated and selected by their teachers as award recipients. The recipients demonstrated outstanding integrity and earned 70s or above in all of their academic classes during the third academic quarter.

### Grade 7

Avigail Heroux, Lila Goodrich, Elijah Grillo, Logan Duke, Michael Murray, Cadence Laplante, Miles McNamara, Madison Fontaine, Gia Ronkese, Abby

Almeida, Dayne Shanley, Benjamin Howlett, Nikki Kofides, Anastasia Kofides, Ethan Lamore, Chloe DaCosta, Jake Gormely and Steven Ryan.

### Grade 8

Chloe Moss, Liam Howard, Noah Les, Caleb Gloster, Alexia Albu, Julie Cozine, Emma Yurkunas, Katie Collins, Fallon Clancy, Valerie Williams, Logan Moses, Joshua Misiaszek, Evan Ferguson, Jack Mandeville, Zachary Mullen and Colin Mullen.

## Technology’s impact on sleep

DIANE TESTA

Anyone driving west on the Mass Pike in recent months may have noticed an Xfinity billboard announcing, “Give your Wi-Fi a bedtime.” One may wonder why the tech industry is promoting the shutting off of a wireless device at night. The company’s goal is to offer parents a tool for managing their children’s screen time. So is screen time affecting sleep? Moreover, are electronic devices affecting the quality of sleep? This article explores some of the science behind these questions.

The U.S. Centers for Disease Control and Prevention states that adults need between seven to nine hours of sleep per night for proper health, while teenagers need even more sleep, between eight to 10 hours per night. However, their website indicates that roughly one third of adults in America receive inadequate sleep due to various factors. In a CDC survey from 2013, almost 70% of teenagers reported obtaining insufficient sleep. Part of the reason could be that 75% of them sleep with their phone beneath their pillow, as reported by a Pew Research study.

Screen time is one factor contributing to sleep disturbances. The daily exposure to sunlight presents the brain with all colors of light, and the blue light within sunlight, in particular, helps to keep people more alert and uplift one’s mood during the day. A computer monitor or a cell phone screen emits artificial light that is comprised of disproportionately more blue light than is contained in natural sunlight. Since the brain is particularly sensitive to blue light, the excess stimulation from electronic screens can impact the body’s natural circadian rhythm, or sleep-wake cycle. Blue light causes this disruption in one of two ways: by diminishing the release of a brain hormone called melatonin and by suppressing the type of brainwaves that induce sleep. Melatonin is the primary hormone that regulates the body’s sleep-wake cycle. Therefore, the use of screens in the eve-

ning or even excessively during the day has significant impacts on the ability to fall asleep or to remain asleep during the night.

Researchers at Harvard University Medical School have reported on the adverse impact of blue light from screens on sleep, and have also noted that the energy-efficient LED lights that many people are now using in their homes emit an excess of blue light. They suggest wearing glasses that specifically filter the blue light of the screens and avoiding screens two to three hours before bedtime. One additional suggestion is to spend a good amount of time outdoors to be exposed to natural sunlight, which will improve the quality of sleep.

Last month, the Royal Society of Arts in England awarded a fellowship to its youngest-ever recipient, a 15-year old boy named Montgomery Lord, for his research demonstrating that the use of technology at bedtime disrupts the circadian rhythm. This prestigious award places him among brilliant minds such as Benjamin Franklin and Stephen Hawking. Through the United Nations, Lord launched a citizen science project called iTech Explorers to study screen time’s impact on adolescents, with the aim to influence government decision makers to improve children’s health. His research reported that roughly 75% of teens felt their diminished sleep due to tech use affected their concentration and productivity during the day.

Dr. Victoria Dunckley, an award-winning integrative psychiatrist from Los Angeles, is an expert on the effects of electronic screen time on children’s brain development. In her book, *Reset Your Child’s Brain*, Dr. Dunckley discusses how interactive electronic screen time hyperstimulates the physiological processes in the developing brain of a young person. She explains that there is a difference in the way the brain processes passive screen time – watching TV from across the room – versus interactive

See **SLEEP**, page 19 •

# Send Us Your Summer Event Information

**Turley Publications will print your summer calendar listings FREE OF CHARGE in our SUMMERFEST Supplement which publishes early June.**

**Deadline for submissions is May 4th.**

## Community Summer Events

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Description \_\_\_\_\_

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Contact name & phone number for more information \_\_\_\_\_

*Please specify if you would like your name and number printed in the paper.*

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**\*Be sure to indicate “Summer” in the subject line of your email.**



PUBLIC NOTICES

Commonwealth of Massachusetts  
The Trial Court  
Probate and Family Court  
Hampshire Division  
15 Atwood Dr.  
Northampton, MA 01060  
(413)586-8500  
Docket No. HS21P0169EA  
Estate of:  
Vernon Joseph Aubrecht  
Also Known As:  
Vernon J. Aubrecht  
Date of Death: 12/26/2020  
INFORMAL PROBATE  
PUBLICATION NOTICE

To all persons interested in the above captioned estate, by Petition of Petitioner Shelly L. Rose of Belchertown, MA, a Will has been admitted to informal probate.

Shelly L. Rose of Belchertown, MA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of asset and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.  
04/29/2021

Notice of Planning Board  
Hearing Legal Notice  
Relative to  
Definitive Subdivision Plan  
In accordance with the provisions of Chapter 41, Sections 81-T and 81-U, M.G.L., the Planning Board will hold a Public Hearing as follows:

Place: Remotely by Planning Board, Belchertown  
Date: May 25, 2021  
Time: 7:15 PM  
Please join my meeting from your computer, tablet or smartphone.  
https://global.gotomeeting.com/join/571586205  
You can also dial in using your phone.  
United States: +1 (646) 749-3122  
Access Code: 571-586-205

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https://global.gotomeeting.com/install/571586205

This application is for a Definitive Subdivision Plan submitted by W.D.Cowls, Inc., c/o Thomas R. Reidy, Esq. 6 South East Street, Amherst, MA 01002, designed by Field Engineering Co., Inc., - Richard R. Riccio III, P.E., 11D Industrial Drive, P.O. Box 1178, Mattapoisett, MA 02739, on land owned by W.D. Cowls, Inc., Plan entitled: Great Hills, Map 206, Lots 26-27; Map 206, Lot 44; Map 214, Lot 25; Map 214, Lots 30-33; Map 214, Lots 57-62; Map 215, Lots 3-5; Map 215, Lot 17; Map 215, Lots 21-23; Map 215, Lots 27-36; Map 219, Lots

4-5; Map 219, Lot 8, Map 219, Lot 21

The plan is available for inspection during regular business hours on the Planning Board website.

James Natle, Chairman  
Belchertown Planning Board  
04/29, 05/06/2021

Commonwealth of Massachusetts  
The Trial Court  
Worcester Probate and Family Court  
225 Main Street  
Worcester MA, 01608  
Docket No. WO17P3262GD  
In the interests of  
Tyler Goulet  
Of Belchertown, MA  
RESPONDENT  
Incapacitated Person/  
Protected Person  
CITATION GIVING  
NOTICE OF  
PETITION FOR  
REMOVAL OF A  
GUARDIAN OF AN  
INCAPACITATED  
PERSON

To the named Respondent and all other interested persons, a petition has been filed by Dept. of Developmental Services of Worcester, MA in the above captioned matter requesting that the court:

Remove the Guardian of the Respondent.

The petition asks the court to make a determination that the Guardian and/or Conservator should be allowed to resign; or should be removed for good cause; or that the Guardianship and/or Conservatorship is no longer necessary and therefore should be terminated. The original petition is on file with the court.

You have the right to object to this proceeding. If you wish to do so, you or your attorney must file a written appearance at this court on or before 10:00 a.m. on the return date of 05/11/2021. This day is NOT a hearing date, but a deadline date by which you have to file the written appearance if you object to the petition. If you fail to file the written appearance by the return date, action may be taken in this matter without further notice to you. In addition to filing the written appearance, you or your attorney must file a written affidavit stating the specific facts and grounds of your objection within 30 days after the return date.

IMPORTANT NOTICE  
The outcome of this proceeding may limit or completely take away the above-named person's right to make decisions about personal affairs or financial affairs or both. The above-named person has the right to ask for a lawyer. Anyone may make this request on behalf of the above-named person. If the above-named person cannot afford a lawyer,

one may be appointed at State expenses.

WITNESS, Hon. Leilah A Keamy, First Justice of this Court  
Date: April 14, 2021

Stephanie K. Fattman  
Register of Probate  
04/29/2021

Commonwealth of Massachusetts  
The Trial Court  
Hampshire Probate and Family Court  
15 Atwood Drive  
Northampton, MA 01060  
(413)586-8500  
Docket No. HS21C0026CA  
In the matter of:  
Megan Lynn McPhail  
CITATION ON PETITION  
TO CHANGE NAME  
A Petition to Change Name of Adult has been filed by Megan Lynn McPhail requesting that the court enter a Decree changing their name to:

Megan McPhail Filadelfo  
IMPORTANT NOTICE

Any person may appear for purposes of objecting to the petition by filing an appearance at: Hampshire Probate and Family Court before 10:00 a.m. on the return day of 05/26/2021.

This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.

WITNESS, Hon. Linda S Fidnick, First Justice of this Court.

Date: April 13, 2021  
Michael J. Carey  
Register of Probate  
04/29/2021

Notice of Planning Board  
Hearing  
Relative to  
Proposed Master Plan  
Adoption  
Pursuant to  
MGL c.41, §81D

The Planning Board of the Town of Belchertown will hold a public hearing on the proposed Economic Development section of the town's master plan, the Community Plan. The public hearing will be held as follows:

Place: Remotely by Planning Board, Belchertown  
Date: May 25, 2021  
Time: 7:05 PM

Please join my meeting from your computer, tablet or smartphone.

https://global.gotomeeting.com/join/571586205

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Access Code: 571-586-205

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https://global.gotomeeting.com/install/571586205  
04/29, 05/06/2021

OBITUARY

Bruce Fitzgerald

BELCHERTOWN- Bruce Alan Fitzgerald passed away April 22, 2021 at Cooley Dickinson Hospital.

Born July 12, 1950, he was the son of the late Vivian (Brown) Gaudette and Frederick Fitzgerald, Sr. He leaves behind his wife of 48 years, Paula (Marion) Fitzgerald; three children, Lisa Palmer and her husband Steve Palmer, Jr., Pamela Fitzgerald and her partner, Carl Warner, and Christian Fitzgerald; as well as six grandchildren, Kyle and Jordan Turner, Alyssa, Eric and Hope Hawkins, and Dustin Palmer. He also leaves behind his siblings, Cheryl Nute, Guy Fitzgerald, Sr., Laura Lussier and their families. He was predeceased by two daughters, Norma Fitzgerald in 1975 and Rebecca (Fitzgerald) Turner in 2012; siblings, Sharon Fitzgerald, Frederick Fitzgerald, Sr., and Charles Gaudette, Sr.; as well as his step-father, Claire (Pete) Gaudette.

He will be remembered for his unique sense of humor, storytelling, and love of family vacations, fishing, berry picking and football. He will be deeply missed.

A graveside service will be held Saturday, May 1 at 10 in West St. Cemetery.

Please visit www.beersandstory.com for more information.

DEATH NOTICE

Bruce Alan Fitzgerald  
Died April 22, 2021  
Services May 1, 2021 at 10 a.m.  
West Street Cemetery

The Sentinel  
OBITUARY  
POLICY

Turley Publications offers two types of obituaries.

One is a free, brief **Death Notice** listing the name of deceased, date of death and funeral date and place.

The other is a **Paid Obituary**, costing \$120, which allows families to publish extended death notice information of their own choice and may include a photograph. **Death Notices & Paid Obituaries** should be submitted through a funeral home to: obits@turley.com.

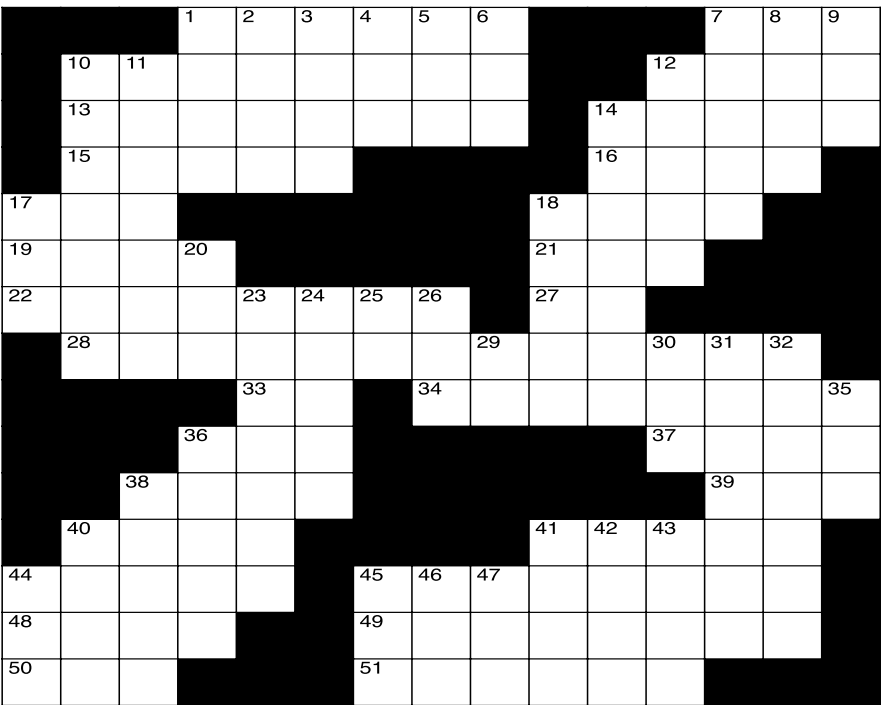
Exceptions will be made only when the family provides a death certificate and must be pre-paid.



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CLUES ACROSS

- 1. Switches
- 7. Legal financial term (abbr.)
- 10. Sweeties
- 12. Competition
- 13. Measures electrical resistance
- 14. Psychotherapy researcher
- 15. Causes injury to
- 16. Open
- 17. Polish peninsula
- 18. Hebrew calendar month
- 19. Whale ship captain
- 21. Children's accessory
- 22. Unknown point
- 27. Exists
- 28. Extremely confident
- 33. Expression of

- disgust
- 34. The government has many
- 36. Small constellation
- 37. Northern Indian city
- 38. The best pitchers
- 39. Naturally occurring solid
- 40. Apple computers
- 41. Portuguese city
- 44. Ancient Greek war dance
- 45. More reliable
- 48. Sailboat
- 49. Newspapers
- 50. Frequently flooded area
- 51. They dig for coal

CLUES DOWN

- 1. Partial
- 2. "Mad Men" leading man
- 3. The \_\_\_ of March
- 4. Healthy
- 5. Where golfers begin
- 6. Soviet Socialist Republic (abbr.)
- 7. Of the cheek
- 8. Injury reminder
- 9. Statesman Franklin
- 10. For an unknown reason
- 11. Brain parts
- 12. Islamic calendar month
- 14. Avenue where ad men work
- 17. Possesses
- 18. Accept
- 20. Stake
- 23. Former British PM
- 24. US battleships circa 1939
- 25. Greek alphabet letter

- 26. When you hope to get there
- 29. Top lawyer
- 30. Fiddler crabs
- 31. Intolerant
- 32. Persons that cause extreme fear
- 35. Car mechanics group
- 36. Capital of Ghana
- 38. Famed ballplayer Hank
- 40. Emphasizes insignificance
- 41. Light-colored
- 42. Distinctive smell
- 43. Muckraking journalist Jacob
- 44. Sunscreen rating
- 45. Short-term memory
- 46. Japanese delicacy
- 47. One point north of due east

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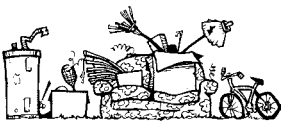
## WANTED

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## SERVICES



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REMOVAL SERVICE\*\*\*\*\***  
Cellars, attics, garages cleaned, yard  
debris. Barns, sheds, demolished.  
Swimming pools removed. Cheap-  
er than dumpster fees and we do all  
the work. Lowest rates. Fully insured.  
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**ABSOLUTE CHIMNEY** HIC  
#161245 & CSSL #101365 Insured.  
Sweeping chimneys year round. Thank  
you. **(413)967-8002**

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Established 1976. New re-roofs and  
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ing - cane, fiber rush & splint - Class-  
room instructor, 20+ years experience.  
Call Walt at **(413)289-6670** for esti-  
mate.

**JKL LIQUID ASPHALT** Custom  
driveways. Oil & stone specialists. Call  
today for a free quote. **413-289-6251**  
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**PAINT AND PAPER** Over 25 years  
experience. References. Lic #086220.  
Please call Kevin **978-355-6864**.

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Our  
Classifieds  
Get Results!

## SERVICES



**WE RENOVATE, SELL & PUR-  
CHASE** (any condition) horse drawn  
vehicles such as sleighs, carriages,  
surreys, wagons, dr's buggies, drive-  
able or lawn ornaments. Some furni-  
ture and other restoration services  
available. Reasonable prices. Quality  
workmanship. Call **(413)213-0373**  
for estimate and information.

**DEMERS & SONS  
BELCHERTOWN, MA**

## CHILD SERVICES

**\*NEW STATE LAW.** Anyone ad-  
vertising caring of children must list a li-  
cense number to do so if they offer this  
service in their own home.

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**CHAMPAGNE ELECTRICAL  
CONTRACTORS** Service changes/  
upgrades, generators, phone/data wir-  
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FRIENDLY** service, installs deicing  
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**ELIOT STARBARD EXCAVA-  
TION** 35 yrs of happy customers.  
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## SERVICES

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MODELING** Kitchens, baths. Ceram-  
ic tile, windows, painting, wallpapering,  
siding, decks. Insurance work. Fully  
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2783** Ron.

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CALL JAY (413)436-5782  
FOR REPAIRS**

**COMPLETE DRYWALL  
SERVICE. FINISHING,  
PAINTING, CEILINGS  
(SMOOTH OR TEXTURED).  
40+ YEARS EXPERIENCE.  
FULLY INSURED.**

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special method to people of all ages  
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ness with a stable income. Fill the need  
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LANDSCAPING &  
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Overgrown property?  
Extreme Brush Cutting!  
Shrub, Stump, Tree Removal  
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eries, loader, backhoe, insured. Pro-  
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**\*COMPOSTED LOAM\* 3/8**  
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No additives, fillers or by-products. Lo-  
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towns only. Eliot Starbard **508-882-  
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All brick, block, stone, concrete. Hatch-  
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estimates. Lic #14790. Call **(413)569-  
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Specializing in all aspects of quality  
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## CLASSIFIED DEADLINES

**QUABBIN & SUBURBAN  
FRIDAY AT NOON  
HILLTOWNS  
MONDAY AT NOON**

# FILL OUT AND MAIL THIS MONEY MAKER

**MAIL TO:** Classifieds, 24 Water St., Palmer, MA 01069  
or call: 413-283-8393

**DEADLINES:**

QUABBIN & SUBURBAN – **FRIDAY AT NOON**  
HILLTOWNS – **MONDAY AT NOON**

CATEGORY:			
1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16
17	18	19	20 Base Price \$26.00
21 Base Price \$26.50	22 Base Price \$27.00	23 Base Price \$27.50	24 Base Price \$28.00
25 Base Price \$28.50	26 Base Price \$29.00	27 Base Price \$29.50	28 Base Price \$30.00
29 Base Price \$30.50	30 Base Price \$31.00	31 Base Price \$31.50	32 Base Price \$32.00
33 Base Price \$32.50	34 Base Price \$33.00	35 Base Price \$33.50	36 Base Price \$34.00
37 Base Price \$34.50	38 Base Price \$35.00	39 Base Price \$35.50	40 Base Price \$36.00

Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Address: \_\_\_\_\_  
Town: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Number of Weeks: \_\_\_\_\_ X per week rate = \$ \_\_\_\_\_  
Credit Card: ☐ MasterCard ☐ VISA ☐ Discover ☐ Cash ☐ Check# \_\_\_\_\_  
Card #: \_\_\_\_\_ Exp. Date \_\_\_\_\_ CVV \_\_\_\_\_  
Amount of charge: \_\_\_\_\_ Date: \_\_\_\_\_

**Quabbin Village Hills**  
Circulation: 50,500

**Hilltowns**  
Circulation: 9,800

**Suburban Residential**  
Circulation: 59,000

Buy the Quabbin Village Hills or the Suburban Residential ZONE for \$26.00 for 20 words plus 50¢ for each additional word.  
Add \$10 for a second Zone  
or add \$15 to run in ALL THREE ZONES.

First ZONE base price \_\_\_\_\_ Includes additional words

Add a second ZONE **\$10.00**

Add a third ZONE **\$5.00**

Subtotal \_\_\_\_\_

x Number of Weeks \_\_\_\_\_

TOTAL Enclosed \_\_\_\_\_

Run my ad in the following ZONE(s):  
☐ Quabbin  
☐ Suburban  
☐ Hilltowns

**OUR CLASSIFIEDS REACH 50 COMMUNITIES EVERY WEEK!**



# Springfield Armory to host virtual summer writing camp

SPRINGFIELD - Springfield Armory National Historic Site is pleased to offer a virtual summer writing camp for grades 5 through 8 in collaboration with the Western Mass Writing Project. The camp will run from 9 a.m. to 11 a.m. during the week of July 19 through July 23. Scholarships are available.

This program, a partnership between the Springfield Armory National Historic Park and the Western Massachusetts Writing Project, incorporates elements of history,

writing and engineering design. Using primary sources from the Springfield Armory National Historic Site, as well as other National Park sites, participants will explore how impacts of the Industrial Revolution in the Pioneer Valley laid the groundwork for modern innovation and technology.

Activities are steeped in STEM based activities, including narrative and informational writing, researching historical industrial processes, exploration of invention patent design, and a final project that integrates

what we know of the past as we look ahead to the future.

Campers can register at <https://www.umass.edu/wmwp/youth-writing-programs>. For registration questions contact the Western Mass Writing Project at [wmwp@english.umass.edu](mailto:wmwp@english.umass.edu). This program is supported in part by a grant from the National Park Foundation with support of Union Pacific Railroad and other donors from across the country. Scholarships are available for families that need support.

The Springfield Armory National Historic Site is the location of the nation's first armory (1794-1968) and was established by George Washington. The site includes historic grounds, buildings, and the world's largest historic American military firearms collection. The museum is currently closed to the public due to an ongoing construction project. For more information call 413-734-8551, check the website at [www.nps.gov/spar](http://www.nps.gov/spar) or go to [www.facebook.com/sparnhs](http://www.facebook.com/sparnhs).

## SLEEP • from page 16

screen time, such as playing video games. The hyperarousal taking place in the brain due to interacting with screens alters brain chemistry and ultimately interferes with behavior, mood, and even sleep. Too much interactive screen time causes children to have non-restorative sleep, which brings on a host of other health problems.

One disturbing disorder that can arise in children is night terrors due to the chronic stress experienced by the brain from excessive screen time. In this case, a child

will wake up in the middle of the night, thrashing and screaming, due to the sudden release of fight-or-flight chemicals in his brain. Shockingly, imaging studies of video-game addicted young people show the same patterns as those adults addicted to drugs. Dr. Dunckley has been able to help over 500 screen-addicted children, teens and young adults regain their normal health by taking on a month-long "fast" from the use of electronics.

Another way that wireless electronics impact sleep is due to the pulsed and polarized electromagnetic fields (EMFs) that

they produce. Electrical engineers at the University of Melbourne, Australia have demonstrated that the force exerted on the body by these EMFs causes a disturbance in cells' metabolic processes; one critical effect is a reduction in the production of melatonin.

Consequently, all Americans can benefit from following Xfinity's advice, to "give your Wi-Fi a bedtime." It is best to locate computers and gaming systems outside of the bedroom, and to put substantial limits on screen time for youth, particularly in the hour or two before bedtime. A free

software called f.lux can be downloaded to a computer, to adjust the spectrum of light being emitted from the monitor during the day. Also, cell phones can be placed in airplane mode before going to bed. Sleep well and pleasant dreams!

*Wilbraham resident Diane Testa holds a doctorate in biomedical engineering and is a senior lecturer in engineering at Western New England University. She writes about technology's impacts on health from her hardwired computer and can be reached for comment at [wiredinwilbraham@gmail.com](mailto:wiredinwilbraham@gmail.com).*

# Classifieds

12 WEEKLY NEWSPAPERS | SERVING 50 LOCAL COMMUNITIES

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**PLUMBING**

**LINC'S PLUMBING LIC. #J27222**  
"New Season"  
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For Your Connection  
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TRASH, JUNK, CLUTTER We clean out all. Prompt courteous service. Fully insured. Free estimates. Dumpster service available. DiRico Properties (413) 530-1299

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**AUTO**

**CARS/TRUCKS WANTED!!!** All Makes/ Models 2000-2019! Any Condition, Running or Not. Top \$\$\$ Paid! Free Towing! We're Nationwide! Call Now: 1-888-513-1505.

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**HORSEBACK RIDING LESSONS** offered year round at our state of the art facility. Beginner to advanced. Ages 4 years to adult. Boarding, Sales and Leasing also available. Convenient location at Orion Farm in South Hadley (413)532-9753 [www.orionfarm.net](http://www.orionfarm.net)

**HELP WANTED**

Town of Warren Wastewater Treatment Plant. **Assistant Chief Operator.** The Town of Warren Board of Sewer Commissioners is accepting Applications for a Wastewater Treatment Plant Assistant Chief Operator. Salary is \$23.3 per hour. Applicants must possess a Massachusetts Grade 5 Operators License and valid MA Driver's license. Job description and applications are available at the **Warren Wastewater Treatment Plant, 2527 Main Street, West Warren, MA 01092.** The position will remain open until filled. Warren is an EOE.

**TRUCK DRIVER FT** - Class A CDL - Bulk Tank - Tri Axle - Dump Trailer - Experience Required. **RB Enterprises, Ludlow (413) 583-8393**

**PERSONAL DRIVER/ ASSISTANT NEEDED.** We are looking for a dynamic individual for the role of **Driver/Personal Assistant.** This is a unique position that requires exceptional interpersonal skills and respect for personal boundaries. The ideal candidate must be willing to accommodate a high degree of flexibility in their work schedule and be available on short notice. Compensation will be commensurate with experience and include a competitive salary and extended benefits package. Contact ( [Markstowing024@gmail.com](mailto:Markstowing024@gmail.com) ) for more details.

## HELP WANTED

**PERSONAL ASSISTANT** Part time 2 hours per day, 2 days per week. Pay is \$550.00 per week. No qualification needed interested applicant send you resume to the email below [lakerichard59@outlook.com](mailto:lakerichard59@outlook.com)

**RATHBONE PRECISION METALS, INC.** Manufacturer of metal shapes has a full-time opportunity for a Manufacturing Tool Designer. Responsibilities include design and draft of cold forming tools using CAD software and producing tool paths for wire EDM machines using CAM software while assisting/supporting manufacturing processes. Candidates should demonstrate a good work ethic, be dependable, have good judgment and be a team player. Candidates must have an Associate's degree in Engineering with proficient reading, writing, and math skills, excellent communication skills and be able to pay close attention to detail. Based on experience we offer competitive compensation and a comprehensive benefits package. Visit [www.rathboneprofiles.com](http://www.rathboneprofiles.com) for employment applications and submit online, via email to [linda.dias@rathboneprofiles.com](mailto:linda.dias@rathboneprofiles.com) or mail to **1241 Park Street, Palmer, MA 01069.** Rathbone is proud to be an equal opportunity workplace and is an affirmative action employer.

**WAS BROTHERS CONSTRUCTION** Is now taking applications for the following positions: Skilled Laborer - Underground utility construction. Truck Driver/Laborer - required to perform both. Must be able to pass a background check, DOT physical and drug/alcohol testing. Applications accepted between 9:00am-2:00pm M-F @ 2378 Boston Road, Wilbraham, MA. Paid major holidays, vacation, medical insurance after 90 days and SIMPLE IRA offered.

## HELP WANTED

**PAINTER PART TO FULL TIME.** No fear of heights. Must have vehicle and valid drivers license. Will train right person if not experienced. Steve (413) 477-8217

**FULL JOB DESCRIPTION FOR A MECHANIC DRIVER/LABORER** Do you enjoy working outdoors? Would you like to be part of a thriving, friendly and dedicated team? The Town of Warren Highway Department is seeking a qualified candidate for the full-time position of Mechanic Driver/Laborer. The Town of Warren is committed to equal opportunity, encourages diversity and inclusion, and believes that a positive culture of inclusion in Town governance contributes to the Town's overall qualities as a great place to live and work. We welcome all to apply.  
Salary: Starting at \$19.38  
Hours: M-THUR, 6:00 am – 4:00 pm, from April 1 – Nov 30; M-F 6:00 am – 2:00 pm Dec 1 – March 31

Overtime is required for: Answer's emergency calls and responds to emergencies during and after normal business hours. Including during Snow and Ice storms.  
Drug & Alcohol screening is a condition of employment  
Essential: The Driver/Mechanic/Laborer provides Works primarily in the town maintenance garage, Some work will be outdoors on roads and in town vehicles.  
Qualifications: High school equivalency; Highway maintenance operation experience preferred.  
Required Licensing/Certification: Possession of a valid 2B Hoisting License and MA Class B CDL.  
Benefits: Dental insurance; Disability insurance; Employee assistance program; Health insurance; Life insurance; Paid time off; Retirement plan  
Internal/External Applicants: To be considered for this vacancy, please submit the required Town of Warren Application for Employment, and resume no later than 4:00 pm, Thursday May 6, 2021. Applications will be accepted via email, drop off to: **Town of Warren Highway Department 87 Brimfield Rd, Warren, 01083** or mailed to: **Warren Highway Department PO Box 628, Warren, Ma 01083.** For information on accessing the Town's employment application and resume (including an email address for sending electronically), please visit the Town of Warren website, Volunteer, and employment. The application is attached to the job posting at: Volunteer and Employment Opportunities | Warren, MA ([warren-ma.gov](http://warren-ma.gov))

## HELP WANTED

**WARREN HIGHWAY DEPARTMENT** 87 Brimfield Rd Warren, MA or Olson@warren-ma.gov is looking for a Full-time FOREMAN, Operator/Driver/Laborer. Must have a Class B CDL license, prefer a Class A CDL, current DOT Physical, Hoisting Engineers license with MINIMUM HE – 2B Must be available for emergency calls days, nights, weekends & holidays. We would prefer you have two (2) years minimum plowing experience with commercial vehicles. Applications available on the town Website Volunteer and Employment Opportunities | Warren, MA ([warren-ma.gov](http://warren-ma.gov)) or at the Highway Garage M-Thru 7AM-4PM (413) 436-7677 Equal Opportunity Employer Board of Selectmen

**REAL ESTATE FOR RENT**



**EQUAL HOUSING OPPORTUNITY**

**ALL REAL ESTATE** advertised herein is subject to the Federal Fair Housing Act, which makes it illegal to advertise "any preference, limitation, or discrimination because of race, color, religion, sex, handicap, familial status, or national origin, or intention to make any such preference, limitation, or discrimination." We will not knowingly accept any advertising for real estate which is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis.

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**WARM WEATHER IS** Year Round In Aruba. The water is safe, and the dining is fantastic. Walk out to the beach. 3-Bedroom weeks available. Sleeps 8. Email: [carolaction@aol.com](mailto:carolaction@aol.com) for more information.

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- Fully Applianced
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For Information call (413)967-7755 EHO


17 Convent Hill, Ware, MA



**LAND WANTED**

**WANTED!! 40+ ACRES OF LAND.** Looking to purchase large acreage lot for family farm. Call Matt at (413) 667-7165

**FOR RENT**



All real estate advertising in this newspaper is subject to the Federal Fair Housing Act of 1968, which makes it illegal to advertise any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status (number of children and or pregnancy), national origin, ancestry, age, marital status, or any intention to make any such preference, limitation or discrimination.

This newspaper will not knowingly accept any advertising for real estate that is in violation of the law. Our readers are hereby informed that all dwellings advertising in this newspaper are available on an equal opportunity basis. To complain about discrimination call The Department of Housing and Urban Development " HUD" toll-free at 1-800-669-9777. For the N.E. area, call HUD at 617-565-5308. The toll free number for the hearing impaired is 1-800-927-9275.



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